

# A newe Booke OF PHISICKE

called & Gouvernment of Health,  
wherin be vttered many notable  
rules for mā's preseruaciō, with  
sondyr simples & other matters,  
no lesse fruitfull then profitable:  
collect out of many approued au-  
thours. Reduced into the forme  
of a Dialogue, for the better vn-  
derstanding of thū learned.

Wherunto is added a suf-  
ferain Regiment a-  
gainst the pesti-  
lence.

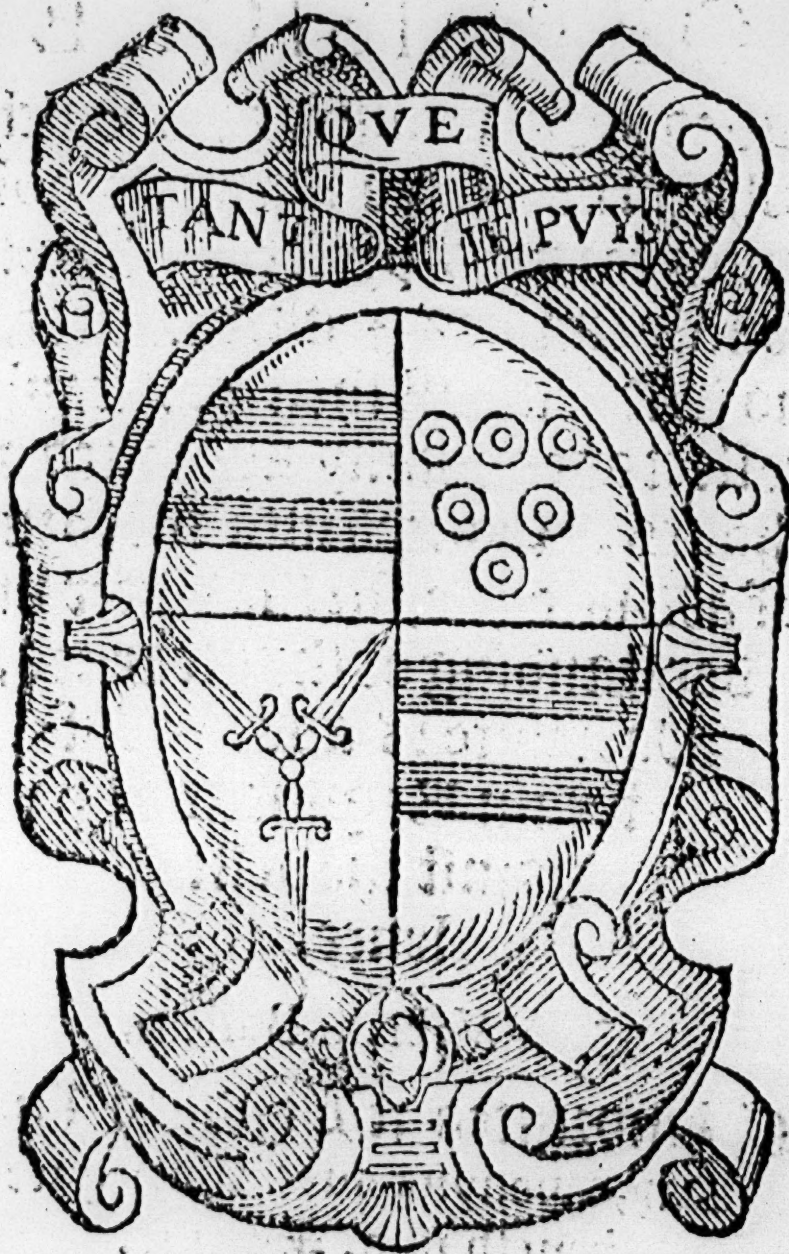
By V Villiam Bullein.

Imprinted at Londō bi Thon-  
Day, dwellyng ouer Aldersgate  
beneth saint Martins.

Cum priuilegio ad impri-  
mendū solum.

1558





T. H.



To the right vvor=

thyfull Sir Thomas Hilton,  
knyght, Baron of Hilton, and Cap-  
taine of the King and Quenes maiesties

castel of Linmoth: V Villi-

am Bulleyn wissheth en-

crease of worshyp

and health.



VINTVS

Curcius,  
the famous  
wyter of  
the greate  
Battayles  
that kyng  
Alexāder,  
the sōne of

Phillippe of Macedonie, had a-  
gainst the moost noble, and ritch  
kyng of the Medes and Persi-  
ans, called Darius (righte wor-  
shipfull sir) declareth that when  
one Philippe the Physicion vnto

A.ii. the

## The Epistle.

the sayde kynge Alexander, and his moſte truſty ſubiecte. By ſodayne chaunce, the kynge fell ſore ſicke, to the great heauines of all his royall armie, at whiche time with al ſpeade, this phisicion did prepare a medicine, moſte excellent for his ſoueraine Lorde, whom he ſo dearly loued, to this end, that the great vertue therof might prevent his preſent ſickennes, & imminent daunger: but malicious ſpite, that wretched enemy whiche neuer ſleepeth but watcheth euer, to bringe vertue and good fame to deſtruction: Immediately before this gentle Philip dyd preſente him ſelfe vnto the king with his medicine: Letters were ſent to king Alexander, cōteyning, that y ſayd Philip was corrupted ſo with money from kynge Darius, that he had put moſte



## The Epistle.

moste deadly poyson and vncurable venome into Alexanders medicine. The king perusing þ letters, kept theim secreete vntyll he had dronke his medicine, and immediatly he toke his phisicion by the hande, and deliuered hym þ letters, that he mighte rede the hauing in him so great cōfidence, that he did in no manner of case mistruste him. The cause why I haue alledged this most worthy prince king Alexander, & his excellent phisiciō Philip, is to declare the great truste in the one, & the fidelitie in the other, not forgetting the Chameles conditions of the flattring Parasites, whyche euer walketh with two faces in one hood, bearing fier in the one hand, and water in the other: sowers of disorde, reapers of mischief: which be alwaies enemies

A.iii.

vnto

## The Epistle.

unto the Disciples of Philippe,  
whose benemous styngeſ cannot hurte them, which euer haue  
in ſtoze the precious Jewel of pa-  
cience, and arme them ſelues to  
do good to euerye good man, for  
the preſeruacion of their lyues,  
by the true rules of the gouern-  
ment of healthe, whiche here I  
am ſo bold to preſente vnto your  
worſhip. For wheras there lac-  
keth gouernement in a common  
wealth, the people dooe eftſones  
fal into ruyne. The ſhippes that  
lacke good gouernaunce, often-  
times be caſt away vpon ſandes  
and rockes. And therefore there  
is nothinge vnder heauen, that  
hath lyfe, but if it lacke good go-  
uernemēt: it wil quickly fall into  
bitter decay. For, like as the crea-  
tor of all thinges hath intorned  
the bodieſ of al mē into the good-  
lieſt

## The Epistle.

liest shapēs of eueri liuing thing  
that euer was, or euer shalbe:

Euē so he hath ordeined for mā:  
herbes, frutes, rootes, seedes,  
plantes, gūmes, oyles, precious  
stones, beasts, foules, fishes, for  
the preservation of health, to be  
moderately vsed with discretion,  
whiche preserveth the bodye in  
good estate, without whose ver-  
tues the bodies can not lyue, for  
they be the nourishers of life. But  
misusing or abusing them brin-  
geth to the body many diseases,  
as rheumes, catarres, dropies,  
impostumes, gowtes, fluxes, op-  
pilations, vertigos, blindenesse,  
ruptures, frāsies, with many mo-  
uysome diseases, whiche come  
thorowe the corruptiō of meates  
and ill ayre. For what auayleth  
ryches, honoures, costlye buyl-  
dinges, fayre apparell, with all



## The Epistle.

Codrus.  
Midas.

the painpe of this worlde, and to be honoured of the people, and in the meane time to be eaten boyth wormes in the bzeaste or in the belly, cōsumed with agues, turmented with gobotes, sozenesse, bone ache. &c. Well I thinke, an hole Codrus is better than a sicke Mydas. And seing that to possesse health is better then to gouerne gold, in so much that health maketh men moze happier, stronger and quieter then all maner of riches, lacking healthe: as exāple. Great pzinces, uoble mē, men of greate substaunce, when they be wrapped & enclosed with manye & sundry sicknesses, and in daily daungers of deathe, in their extreme paines and passions, they do moze greatly coueit one drop of healthe then a whole tunne of gold, cryng out for the helpe and counsell

## The Epistle.

counsel of the Physicion. Whom  
Iesus Sirack, in his godly booke did  
counsel all wyse men to honour,  
and whome the almightye God,  
did create and ordeine for the in-  
firmities of mankinde, and also  
medicine for his helpe, and that  
no wyse man should despise the.

Cap. 38.

Therefore yet againe (right wor-  
thie Knight) I shall moste hum-  
bly desire you, to accept the good  
will of him, whiche wysheth the  
yeares of your prosperous lyfe &

health, to be equall to Nestor, Ar. Mestor.

ganton, and Galen. Whose lyues Galen.

were long, healthful and happy. Argantō.

And thus wishing the daily en-  
crease of your worship, with con-  
tinuall health, to gods pleasure:

who euer be your guid and

gouernour. Amen. Your

worships alwayes to

commaunde.

V Villiam Bullein.

**C**ursed be Bacchus, the father of drunkennes,  
Founder of lothsome lust and lecherie:

Thy seruantes twain, be intēperaunce & idlenes  
Which gentle diet and sobernes do defie,  
But sobernes doth liue, when glotony doth die.  
Though bankets doe abound, eyes for to please:  
Ouercharging the stomack, bringeth small ease.

**T**he aboundaunce of wine, and lust of meate,  
Feasting in the day, and riot in the night:  
Inflameth the body with vnnaturall heate,  
Corrupteth the bloud, and abateth the sight,  
The sinewes wil relax, the Arteries haue no might,  
Apoplexia and Vertigo, wil neuer from the start:  
Until the vitall bloud, be killed in the hart.

**O** happie is pouertie, with good gouernaunce,  
Which of fine fode hath no great plentie.  
Nature is suffised, with thinges suffisaunce,  
But popsoned, with floudes of superfluitie,  
Consider your soode, in the time of pouertie,  
Example of Diogenes, sitting in his tounne:  
He was wel pleased, with the beames of the sunne.

**B**eastes and fowles, of nature rauenous,  
In fields and foreses, seke their aduenture:  
Upon their praies deuouring most odious.  
Consuming by gluttonie, many a creature,  
Yet eche of them, according to their nature,  
Can purge their Cruditie, with casting venomous:  
Man through replecion, is in daunger perillous.

**Mans**



**M**ans nature doth weake, as this world doth wast  
As thinges ingendred, corrupting by time:  
your life is present, but death maketh hast,  
Schoztened by surfit, I tel you in rime,  
Example of the Epicures, rottened into slime,  
As gods word and stories, the truthe doe tel,  
That vnfaciat gluttons shall faste in hell.

**T**hulpe to wise men, this is the chief medicine,  
Moderate diet, with temperate trauell,  
Good air in swete fields, whē the sun doth shine,  
Flipping stinking mistes, that the life wyl expell,  
Digestion of stomake, they shall felc full well,  
And to shake of anger and passions of the minde,  
Thus quietnes of conscience happy men shal finde.

**W**e know eche one, and se by experience,  
That men shall wast and physick fade:  
What is man, when he is in moste excellenc?  
Some fallen to dust, and sleapeth stil in shade,  
Leues, flours, & frutes, grow in somer most glade,  
But from their braunches, (as it is daily sene,)  
They fal down w wind, whē they are fresh & grene.

**S**unne mone and starres, with heauenly influence,  
The earth doe garnish with flowers fresh of hew,  
The trees spring with frute of their beneuolence,  
Raine nourisheth swete fieldes, with siluer drops new,  
The lillie, the red rose, the flours pale and blew,  
The Corne and cattel and all thinges temporall,  
Be not these gods gifts for these our liues mortall?

To

**T**O know these creatures is a gift excellent,  
Complexions hote or colde, moist or drie,  
And to what nature they be conuenient.  
Hippocrates and Gallen, in their time did trie.  
Dioscorides and Auicen, with Plini wold not lye.  
Aristotle the philosopher in learning most excellent  
So be many men now in this life present.

**T**O them I bend my knee with deuote reuerence,  
As one unworthy their fote-steppes for to kisse;  
Lacking no good will confessing my negligence,  
Though many will iudge, my entent amisse.  
Pouring water in the sea, where aye plentie is.  
But of your worship to whome I present this gift:  
Accept (I pray you) such a simple shift.

**A**nd rede you this gouernmēt short I shal it make  
Betwene one called John, & Humfrey y wise,  
When you are at leasure in your hand it take.  
Though it lacke eloquence, yet do it not despise,  
I recite no authours, vsing to make lies,  
I submit my self stil: vnto the learned iudge.  
I force not if the ignorant, at this my trauel grudge.

Esse cupis sanus? sit tibi parca manus,  
Pone gulæ metas, etas vt sit tibi longa.



**T**his booke to praise, I will not be curius,  
Let the wpsse Reader with iudgement discus  
The sonne nede no cādel, to geue it more light,  
The Eagle requircth none, to teache him his flight,  
Eche frutes haue their taste, & witnesse forth bring,  
From what trees they came, & had their growing.  
So is this worke: a signe of a zeale,  
Worthy to be praised. To readers I appeale.  
The beginning, scope and ende of the counsell,  
Health to pferre, and sickenesse to expell.  
Suche matter digesting as the do offende,  
Applying good medicines those euils to amende,  
With herbes that doth binde or elles be expulspue,  
Vicious humours to correct and out driue.  
God blessed the earth, frō whēce these things grow  
And willeth his people, their natures to know  
But ignorancie hereof, ingendzeth disdain,  
In them that lack lerning: & ignorant wold remain.  
Other haue such delicate, and curious condicions:  
When no cause constrains thē, they cry for phisicōs  
As though they shuld neuer once tast of their graue  
Whose daies wer prescribed, whē god life thē gaue.  
All flesh is like grasse, that withereth with winde,  
As earth came from earth, so shall it to that kinde  
In the meane season, refuse not to take:  
The vertuous Phisicians, for remedies sake.  
Which can supplant paine, and helth set in place,  
So shalt thou liue quietly, and finish thy race  
At last, when death comes, wherto thou must trust  
Call to God for grace. Let death do his worst.

FINIS. quod R. B.





VV B.

# To the gentle Reader.



Ere I doe present  
vnto thee (gentle Rea-  
der) a simple Gouer-  
nment of helth beseeching  
thee most heartily for  
to accept it as an argu-  
ment of my good wyll, as one vnfa-  
nedly that greatly dooe coust the good  
estate and happy health of mankynde:  
Which by daily casualties, surfaites &  
age: do decay, and fall into many gre-  
uous & painful sickneses. For whiche  
cause althoughe perhaps I can not in  
all pointes aunswere to thy request, in  
this litle gouernment: yet I shal desire  
thee to accept me amonge the selowe-  
ship of botchers, whiche do helpe to  
repay: thinges that fal into ruine or  
decaye. Euen so be the practizeres of  
phisicke, no makers of men, but when  
men dooe decay throughe sicknesse:  
then the counsell of the phisicion, and  
the vertue of medicine is not to be re-  
fused, but moste louingly to be embra-  
ced

## To the Reader.

ced as a chief frende in the tyme of ad-  
uersitie. If thou readeſt this little booke  
and obſerue the rules therein. I truſt it  
will pay as much as it doth promiſe.

And becauſe I am a yong mā I wold  
not preſume to take ſuche a matter in  
hānd although the wordes be fewe, but  
did conſiliat & gather things together,  
which of my ſelf I haue practiſed & al-  
ſo red and noted in the works of Hip-  
pocrates, Galen, Auicen, Pliniū, Ha-  
lyabas, Auenzoar, Rasi, Dioſcorides,  
Leonhardus Futchius. Conradus

Gefnerus. &c. And thus I

leue the to the company

of this my little

booke,

wiſhing thee health, and

all them that ſhal

reade it.

(.◌.)



# A Table for this Boke of the gouernment of helth.

## A

**A** Ge prouided for: 15.

Almondes 128.

Annes sedes. 80.

Aires obserued. 54.

Agues burning. 92.

Aire corrupt: hurteth 51

Anger is described. 72.

Ague is caused, 158.

Apze maye corrupt. 50.

Aires made swete. 52.

Ale and Beare. 183.

Ale holsum: for who?

Ale swete. 183.

Ale & bere surfeteth: 185

Almondes diuers. 188.

Alinods befoze mea. 188

Aloes. 196.

Against frensy. 166.

A natomy. 21.

## B

**B** Athes. 29.

Barberles. 135.

Bitinge of a Dogge:

what plaster? 96.

Bloudy fir. 78. 139

Bozes flesh. 143.

Boyled meates. 140

Boringe, when? 29.

Bzaine, what doth ca

forte it? 124.

Bzused, what is good

for them? 90.

Bathes, after bathing,

what ointments? 31.

Bzaine and memoze

holpen. 154.

Blacke birbes. 158.

Bloud purged. 195.

Bzeth y is swete. 99.

Bzeth stinking: 131.

Beere and Ale. 183.

Bere bzued cleane: 184.

Bzeade. 185.

Bzead mean baken. 186

Bzead of a day old. 186.

Bzead sodden. 187.

B.i. Bzead

# The Table.

Bread of barley.	187.	Cruditie: what?	68.
Bees an example.	172.	Chestnuttess.	189.
Cabbage. 104		Cloues.	190.
Children should wel		Cinamom.	194.
be brought vp.	14.	Casia fistula.	194.
Child dead, to deliuer		Creussis.	164.
it	84. 116. 104. 109.	Crabbess.	164.
Cholozike men.	41	Cheese and Butter.	177.
Couler like lead.	65.	Colyke holpen.	99.
Cholozike signes.	68.	Calamus odoratus.	192.
Contentes in vrin.	67	Crampe holpen.	201.
Combing of y head	33	D	
Composed creatures.	10		
Cherries.	133.	Dieting.	41.
Capers.	25. 136.	Dieting the sycke.	43
Cōplertion of man.	45.	Droplie.	27. 77.
Choler purged.	124	Dyet.	68.
Choler hottc in the sto		Deuyls incarnate.	73
make	102.	Dandelion.	91.
Cock that is olde.	151.	Digestion.	138.
Cōplertōs described.	9.	Digestion holpen.	57.
Chicken webe.	81.	Digestion stronger in	
Comomyll.	84.	wynter.	148.
Connies.	149.	Dragon the herbe.	108
Coughes holpen.	148	Dronkenesse: a p̄s̄er-	
Chikens.	151.	uatiue agaynst it.	146
Coullers many.	68.	Diet, wel vsed	38.
		De	

# The Table.

Decoctiō oz sirrup.	23	ther may hurt.	36
Death: what signe?	68.	Figs & herb grace.	128
Drink holssome.	157.	Fennell.	100.

## E

Eatynge cōsidered.	134.	Fyshe, diuers sorts.	159
Episcures desire.	1.	Fishe of the Sea.	161.
Clementes felte.	11.	Fishe in riuers.	161
Exercise befoz meat.	58.	Fishe in fennes.	162.
Epiniētides.	93.	Fishe fedynge.	162.
Emperici.	6.	Fyshe whyt scaled.	162.
Clemētes described.	10	Fyshe vnscald.	162
Exercise causeth.	55.	Fyshe fatte.	163
Exercise moderate.	54.	Fysh: what choyse?	164
Eyes bloudy	149	Fysh eaten: labour not	
Eyes, a medicine.	138	done after it	163.
Eyes watery.	197.	Fleshe of lambes and	
Emozodes: y cause.	198.	luthers.	144.
Egges.	179.	Fleume purged.	124.
Egges new layd.	179.	Foules great.	153.
Egges, a meane to		Flix stopped: howe?	
stop the flyr.	179.	102. 126. 199.	
Egges fryed.	179.	Fener felue.	

## F

Falling sicknes.	81. 114
Frites of baquets.	2.
Frication holssome.	33.
Fleshe and fysh toge	

## G

Glyster.	32
Good thynges to pro	
uoke vryn.	124.
15.11	Gar



# The Table.

Garlike.	94.	Humours roined.	10
Gelded bestes best.	139	Heart glad.	198
Grapes.	134	Houle: what situatio	53
Geese of the basse.	153	Herpynge holpen.	164.
Glotomy, rewarded.	2.	Hony praysed.	172.
Gynger.	193.	Hony new, laxative.	173
Galingall.	190.	Hony clarified.	173.
Goute holpen.	169.	<i>by sep. 100.</i> I	
Greene sycknes.	202.	Islope.	101.
H		Isolenes the mother.	57
Heat burning: coled w <sup>th</sup>		Ire, a greuous pas.	72.
a plaster.	102	Jaundies yellow.	81.
Heeres cut.	33.	K	
Heart, what comfort.	113	Kynges eull.	90.
Hot houses.	31.	L	
Herb grace & fygs.	128.	Lambes flesh.	144.
Humours naturall.	16.	Lodging: clene kept.	62
Heliogabalus court.	11.	Lodginges: fit for.	62.
Haruest.	11.	Lillies. <i>lett. 6. 97.</i>	121.
Herbes ingender me,		Leprosie.	23.
lancholy.	122.	Liver wort.	117.
Hoppes.	184.	Larkes.	158.
Handes washed w <sup>th</sup>		Lilly that is white.	110.
colde water.	32	Laboure sone after eat	
Hares.	149	ting fish: hurteth.	163
Heere kept from fal.	97	Lust of the flesh.	98.
Hed purged.	118	Labour	

# The Table.

Laboure is made easie with vse. 56. Melancoly purged. 124.

## M

Man bozne naked. 19.

Members: what? 20.

Meates of diuers sorts hurt mā's body. 38.

Mans body cōsidered. 9

Melancholye caused of herbes. 122.

Melancholye. 9. 42

Meates & medicine. 12

Moist. 13.

Muskels and glandens

fleshe. 20.

Middle balne. 28.

Meates & medicine. 29.

Many practisers. 32.

Mery man. 68.

Mintes. 98

Mustarde. 112.

Maiden here. 118.

Mellilot. 911.

Medler. 136.

Mutton tender. 145.

Morphew bolpen. 159.

Mouse eare. 80.

Meats salt, vnholso. 64

Morphew white. 192.

Manus Christi. 174.

Milke new. 175.

Milke not good for. 175

Milke of women. 175.

Milke of goates. 176.

Milke of thepe. 176.

Milk not good for. 176.

Milk may be vled. 176.

Mind troubled. 72.

Migrim: holpen. 201.

## N

Nesing. 31.

Nesing: how? 126.

Names of herbes. 3.

Nutmegges. 190.

## O

Oile in vrine. 67.

Oile excrementes. 68.

Onions. 95.

Oysters. 165.

Oyle Olives. 165.

Opinions diuers. 3.

## P

Potage

# The Table.

Portage comfortable.	120	Peches.	130
Phisick: what soe say.	3.	Puddings of swine.	124
Phisick god autho.	3.	Prunes swete.	135.
Phisick deuoted.	7.	Pigions roasted best.	155.
Phisick is praised.	4.	Philberdes.	189.
Phisick is defined.	5.		
Phisitions.	49.	<b>Q</b>	
Part called by the.	21.	Quinces holsome.	131.
Pruning of birds.	32.	Quinces raw hurt.	132.
Prayer vnto god, hel.	51.	Quietnes is praised.	69.
Pestilence: a preser.	147		
Pestilence holpen.	128.	Replecion	23.
Place: most holson.	50.	Rue good against poi-	
Palsie.	24. 86. 112.	son.	90.
Purge.	30.	Rosemary.	111.
Purging the head.	118.	Rotes sodden iour.	121.
Purgers of choller.	124	Rassens.	135.
Purgers of fleume.	124	Rabettes.	149.
Purgers of Melan.	124	Rice.	188.
Pleasaunt people.	53.	Rubarbe.	195.
Periotides.	87.	Raw herbes.	206.
Polipodio.	87.	<b>S</b>	
Philopendula.	105.	Sores of the pestilence: a	
Plantaine.	83.	plaster to breke the.	110
Purslain.	102.	Soule departeth.	35.
Pallall Keyall.	111.	Sores that be rotten.	85
Peares.	128.	Sede increased.	98.
		Sto	



## The Table.

Stomack pained.	103.	Sanguin.	42.
Stinging of serpents.	90.	Salt meates not hol.	64.
Stone, the disease.	63.	Signes of cruditie.	68.
Stone (the disease) to breake.	104. 117.	Signes deadly.	68.
Stone (y <sup>e</sup> disease) what paine?	63.	Stoles soft and hard.	68.
Stone (y <sup>e</sup> disease) what remedy.	64.	Sorrel leaues good.	81.
Swine described.	140.	Sage.	85.
Swines flesh abhorred of Mahomet.	142.	Sage good for old.	86.
Slepe and waking.	59.	Spinage.	92.
Slepe after dinner.	60.	Stop the flir: how?	102.
Slepe on the right.	61.	Sauery.	116.
Slepe at none; he.	207.	Savirrage.	117.
Slepe, viii. houres.	207.	Swelling.	131.
Slepe sound; how?	60.	Setwell.	193.
Slepe: what thing doth cause it?	107. 115. 95.	Saffron.	198.
Slepes in fieldes.	62.	Saffron in Englad.	198.
Sick folk; what signes.	122. 121.	Sallet oyle.	165.
Suppositoures.	31.	Salte.	170.
Staunching of blood.	99.	T	
Syrups or decoctions.	23.	Tokens dangerous.	49.
Syrups & drinks.	44.	Throte y <sup>e</sup> is stopped.	243.
		Theriaca excellent.	24.
		Time for al things.	27.
		Tripes of swine.	143.
		Time: the herbe.	116.
		Throte pained.	169.
		Tothe	

## The Table.

Lothe ache.	201.	Whozehound, comfort the hearing.	89.
V			
Thomisting customa.	30.	Water hot vnholso.	33.
Voice clere.	157.	Washing of bandes in cold water.	32.
Tomites, what stoppeth.	99.	Wind that is short.	24.
Use maketh labour.	56.	Wine that is red.	181.
Werben.	90.	Wine that is whit.	180.
Uiolettes.	107.	Wine y is Claret.	180.
Wineger.	169.	Wine is best: when.	182.
Wine circles noted.	67.	Wine bibbers, haue a glasse to loke in.	182.
Wine of golden cou.	65.	Winter.	11.
Wine that is grene.	65.	Wormwood.	76.
Wine that is gray.	65.	White Lilly.	110.
Wine hath. iiii. thynges to be noted.	65.	What holson: whe.	174.
Wines to prouoke.	124.	Water that is salt.	168.
Wine like fleshye broth.	65.	Water: which is best.	167.
Wine white & thick.	67.	Water of Ice & snowe.	168.
Wine white & thin.	67.	Water corrupt.	168.
VV		Walnuts.	189.
Wethers flesh.	144.		

The ende of the  
Table.

Thon.

**Chon.**

If all pleasures & The epl:  
 pastimes my thynke cure desir  
 there is none like vn, reth too  
 to good cheare, what line al to  
 shuld mā do but passe gether in  
 awaye the time with bellye

good felowes and make mery, seinge there.

We haue but a time to liue, cast away  
 care, wherfoze is meat and bellies or-  
 deined but the one to serue the other:  
 the fleshe that we daily increase is our  
 own. Abstinence & fasting, is a mighty  
 enemy and nothing pleasaunt to me,  
 and be vled of very fewe that loue the  
 selues, but only of beggers, and coue-  
 tous sparers, whiche do spare muche  
 and spend little.

**Humfrey.**

I knowe well your goodlye ex-  
 pence of time, I wis it is no  
 meruaile, althoughe you make  
 your belly your God: and bost of  
 it. You se that all lusty reuelers, &  
 continuall banquet makers, come

C.i.

to



## The Gouvernement

to great estimation, as example  
to Varius Hælyogabalus, which was  
daily fedde with many hundreth  
fishes and foules, and was ac-  
cōpanied with manye brothels,  
baudes, harlottes, and glottons,  
and thus it doth apeare by your  
abhorring vertue, that of righte  
you might haue claimed a great  
office in Hæliogabalus court, if you  
had bene in those daies, but you  
haue an infinite number of your  
conuersacion in these daies, the  
more pity.

Helioga-  
balus cour,  
fit for bel-  
ly gods.

**Ihon.**

**V**hat good sir, I require not your  
counsell, I pray you be your owne  
caruer, and geue me leaue to serue my  
fantasy. I will not charge you, you are  
berye aunciente and graue, and I am  
but yonge, we be no matchis.

**Humfrey.**

**G**ood counsell is a treasure to  
wise mē, but a very trifle to a  
fole

Of health.

Fol.ii.

foole, if thou haddest seene those  
thinges whiche I haue seene, I  
know thou wouldest not be such  
a man, nor thus spende thy time.

Ihon.

What haste thou seene, that I haue  
not seene?

Huntrey.

I haue seene many notable and  
greuous plages, whiche haue  
fallen vpon greedy gluttons, as  
wasting their substaunce, disfor-  
minge their bodie, shortninge  
their pleasant daies, and in this  
point to cōclude with thee, where  
as glotony remaineth, frō thece  
is moderate diat banysched: and  
those bellies that folowe the lust  
of the eyes (in meates) in youth,  
shall lacke the health of all their  
bodie, in age if they liue so lōg.

The inst  
rewarde  
as belly  
gods.

Ihon.

My thyncke thou canste geue good

C:ff.

counsel

## The Gouvernement

counsel, thou seemest to be seen in phisicke. I praye thee is it so great hurt to delight in plenty of bankettes?

**H**umfrey.

Frutes of  
in ordinat  
baquettes

**S**ir, if it will please you to bee somewhat attentive, I wil tel you. It is y very graine wherof cometh stinking vomets, saucye faces, dropsies, vertigo, palseis, obstructiōs, blindnes, fluxes, apoplexis, caters and rewmes. &c.

**T**hon.

Is it true that you haue sayd to me?

**H**umfrey.

**V**Volde to God daile experience did not try it, I do perfectli know it. And once thou shalt be a witnes therof, if thou come to age.

**T**hon.

**T**hen I beseeche thee gentle frende Humfrey, declare to me: why, ther is such diuision among phisicians?

**H**um



**C**humfrey.

**T**hou seest, amōg the Theolo-  
giās there is much varietie,  
& yet but one trothe. Diascozdes  
be soone knowen of Musicians,  
and the Phisicians be not igno-  
raunt of the generall natures of  
thinges. No diuisiō is although  
it do so apeare: for regēts, place,  
age, time, and the present state of  
mans nature must be obserued,  
& not the old rules in al pointes.  
For mans nature is soze altered  
and chaunged, into a viler sorte  
than it was wont to be.

Varietie  
of opiniōs

**C**hon.

**S**ome do report that men of great e-  
stimaciō, say: what nedeth phisick, it  
is but an inuention only for mony, we  
see (say they) who liueth so wel, as they  
which neuer knew phisicke, & so euill  
as these pothicaries do meane?

Anoblecti  
on against  
phisicke.

**C**humfrey.

C. iiii.

Ma-

## The Gouvernement

**M**anye men be moze rich then wise, & moze esteemed, for titles of their honours & worships, then for any other vertue or cunning, suche men in some pointes, be moze ingratifull to naturall remedies then dogges: whiche can electe or choose their vomiting grasse, or birdes whiche can chuse gravell or stones for their casting. But to cōclude with the in this matter. Plini the greete clarke, haue a thousand reasons, to proue them folishe that wil obiecte againste Phisicke. And the authoz of al things did wel forsee and knowe, what was good for mans nature, whan he stretched out so larg a cōpasse round aboute the earth with the noble planettes and signes, and their courses, influences and heauely qualities, and garnished the earthe wyth fruites,

God the  
authoz of  
phisike.

The inestimable  
goodnes  
of god ordeined  
herbes for  
the health  
of man.

fruites, herbes, flowers, leaues,  
graines, oyles, gums, stones, for  
mans comfort and helpe, and ordeined the  
Phisicion for to helpe man. Thus the almighty haue  
done saith Salomon. And in recompence,  
God hath not apointed the phisicions to be  
railed vpon, or dispised, but honoured & rewar-  
ded: yea, esteemed of princes. And seeing  
good nature and wise men be on mi side:  
I forse not of other mens fantasies,  
with whom neither good wisdom, nor good  
nature is guide.

Salomon

Eccle. 36

Thon.

Why is phisicke of such greace  
authoritie: or hath it ben in estimati-  
on among olde fathers: May that be pro-  
ued of thy parte:

Hunfrey.

Yes that I can.

Thon.

C. titl.

If



## The Gouvernement

If thou cāst bring in any reuerēt fa-  
thers, y<sup>e</sup> loued phisick: I will not des-  
pise, but greatly esteeme it, & desire coun-  
sel in demanding of a few questions.

### Hunfrey.

The prat-  
se & exelē-  
cie of phi-  
sicke.  
Moises.

Adam.

Iesus Si-  
rack, cap.  
xxxviii.

Diodoro.  
Test.  
Ouid.  
Metamor

Phisicke hath bene in so hye an  
estimaciō, that the gentils did  
all consent, it came from the im-  
mortall goddes. The Hebrues did  
well knowe it, as Moises in the  
moste auncient boke, called Gene-  
sis primo, doth discribe the worke  
of the almighty God: of herbes,  
fruites, and plantes, that Adam  
might teache the vertues of the  
to his childzen. Iesus Sirack which  
was endued with y<sup>e</sup> spirit of god,  
haue leste a laude behinde hym  
greatly commendinge Phisicke  
amongest the diuines of the He-  
brues. Mercuri amōgst the Egiptians,  
Ouide doeth greatlpe cominende  
Apollo, the inuenter of hearbes,  
when

when they were almoste oute of  
 memoꝛye, he reuiued their ver-  
 tues, and taught their nature to  
 others that folowed hym. After  
 that came in Aesculapius, whychē  
 did many moste excellent cures.  
 And chiron, thīnstructor of Achil-  
 lis, whose name can neuer die as  
 long as the herbe centaury, gro-  
 weth vpon the earth: whiche is  
 called after his name Podalirius &  
 Mechaon, were two bꝛethꝛen in  
 the time of the battell of Troye,  
 which were excellent Phisiciōs,  
 and be greatly commēded of Ho-  
 mer, who was moze excellēt thē  
 Hippocrates, in the yle of Coose:  
 whose woꝝkes will neuer die, for  
 he brought in phisicke, and dige-  
 sted it into fair bokes, for mang  
 great health. Then came Gallene,  
 not vnknownen to all wyse and  
 learned Phisicions. I coulde re-  
 herse

Chiron  
centaur<sup>9</sup>.

podaliri<sup>9</sup>.

Machaon.

Hipocra-  
tes.

Gallenus.

## The Gouvernement

herse manye moo, but thys shall  
suffise to proue phisicke to bee of  
greate authoritpe amonge olde  
fathers.

Thon.

I pray thee frende Humfrey, what is  
Phisicke : I would be glad to learne  
some of thy knowledge, for thou hast a  
good order in talking, and seeme to be  
grounded of authority. Therfore I am  
soy that I haue contended with thee.  
I praye thee be not angrie, with my  
former talke.

Humfrey.

Hippo-  
crates in  
lib. de fla.

The diffi-  
culty of  
physick.

Hippocrates in his booke of win-  
des or blasttes, saith y<sup>e</sup> phisick  
or medecine, is but a putting to  
the bodye whiche it laketh, or tak-  
ing from the bodye thinges su-  
perfluous. And althoughe oure  
life be shorte, yet the arte of Phis-  
icke is long, because great nom-  
bres of thynges be in it, and re-  
quireth muche study, labour and  
practise,



practise, and first of all, it requi-  
 reth much contēplation or know-  
 ledge, in studying good bookes,  
 which is called Theoricha. Secōd-  
 ly the very effecte of contempla-  
 tion or study, is practica or actiua,  
 whiche is doinge of the thinges,  
 that learninge haue taughte as  
 repairing, amending, or p̄ser-  
 uing, the bodie of men, women  
 and childzen. &c.

Hippo-  
 crates in  
 in. primo  
 aphoris.

Theori-  
 cha.

John.

It semeth to be a goodly science.

Hunfrey.

**H**erodotus saith: they greatly  
 erre that cal it a science, for  
 it is an excilēt art in doing of no-  
 table thinges. And science is but  
 to knowe thinges. There is also  
 in this excillēt art sundry sectes  
 of phisicions, some be called Em-  
 perici, who suppose that onely ex-  
 perience doeth suffise, and so by  
 vse

Herodotus

Emperici

## The Gouvernement

Philinus

Scrapion.

Apolonii

Methodi-  
cie.

Asclepia-  
des.

bse and experience dooe take in  
hande to heale diseases, not kno-  
wing the cause of the said disease  
oz sickenes. Philinus was one of  
that secte at the first beginninge.  
Then followed Scrapion, & after  
that y<sup>e</sup> Apolonis. And then came  
Glaucius Menadotus Sextus. &c. And  
other kinde of phisicians, be cal-  
led Methodici, whiche neither ob-  
serue time, place, age, state, nor  
cōdicion, & thinke them thinges  
of small profite, but onlye their  
respecte is to their disease: they  
loue not longe study in phisicke,  
and are greatlye deceyued, be-  
cause they would build without  
foundation: and haue the frutes  
befoze thei haue planted y<sup>e</sup> trees.  
These mennes cures be but by  
chaunce medly. One Sirus began  
this, whiche receiued certayne  
rules of Asclepiades. The chiefe &  
best

best secte of Physitions called  
 Dogmatici. These be the wise mē  
 whiche sette not the carte before  
 the horse, nor the rootes of the  
 trees vppwarde. They dooe pru-  
 dentlye consider the chaunge of  
 mans nature, & dwelling place,  
 thalteration of the air, the time  
 of the yeare, the custome of peo-  
 ple, the maners of diseases, the  
 fashion of mens diet. And thys  
 they wyll proue by true argu-  
 mentes and reasons, and will be  
 very careful for their patientes.  
 The disciples of those mē, be the  
 best scollers, therfore I counsell  
 thee Ihon to loue wel Hippocrates  
 the prince of Physicions, whyche  
 began the best maner to geue ru-  
 les to all the louers of Physicke.  
 Of this writeth Gallen, much lau-  
 ding Hippocrates & his followers,  
 and in these daies Leonhardus Fuc-  
 chius,

Dogma-  
tici.

Hipocra-  
tes.



The Gouvernement  
chius Matheolus.&c.

John.

Seenge thou hast spoken of sondre  
partes of phisiciones, I praye thee  
what partes be there of phisicke?

Hunfrey.

Gallen de  
clemen.  
de temp.  
de facul.

Phisicke  
deuided  
int e fyue  
partes.

Truly there be fyue thinges  
to be noted in phisicke, as. v.  
principall partes, as Gallen saith:  
in lib. de Elementis. The first is to  
consider the nature of mans bo-  
dy. The seconde is, to kepe the  
bodie in health, and to defende it  
from sickenes and infirmities.  
The thirde is, to knowe all the  
causes, rules, and sedes, wherof  
the sicknes doth growe. The. iiii  
is Crises or iudgmēt of the di-  
sease of thinges present, past & to  
come. The fifth is the beste and  
moſte excilēt, for it sheweth the  
maner of healyng, dietinge, fas-  
shion, order & waye to healpe the  
sicke

sicke bodie, & p̄serue the same,  
as longe as man doth remayne  
in the state of lyfe.

John.

Thou haste spoken of the partes of  
physicke, what is the soyme manner  
of distribution thereof?

Hunfrey.

It is distributed in thre formes  
one is natural, another vnnatu-  
ral. y. iii. against nature. The first  
is, by those things whereof y<sup>e</sup> bo-  
die is cōpacte, cōstituted oꝛ made,  
as Gallen saith: in his .iii. boke of  
his Tēpramentis. Cap. 4. The secōd  
is called not natural, as meates  
oꝛ thinges to p̄serue the bodie  
in health: they be not called vnnatu-  
rall, because they be againste  
the bodie, but because the rasche  
takynge, oꝛ glotonus vsinge of  
them, may brynge many thinges  
to the vtter destruction of the bo-  
die

Gal. lib. 3.  
de temp.  
cap. 4.

## The Gouernement

die. The thirde, bee thinges a-  
gainst nature, whiche doeth cor-  
rupt the bodye or poison nature,  
wherof Gallen writeth.

Gallen in  
lib. 2. The  
rap. me-  
tho.

**Thon.**

**N**owe thou haste taught me thozte  
rules of the partes & formes phisic-  
call, I pray the shewe me some pzetie  
rules of the complexions of men, and  
that I may aptely knowe them with  
their properties, elementes, tempera-  
mentes and humoures.

**Humfrey.**

**V**pon my lute some time, to  
recreate my selfe, I ioyne  
with my simple armony, manye  
plaine verses. Amonge all other  
one smal songe of the foure com-  
plexions, wilt thou heare it, take  
that chaire and sit down, and I  
wil teache thee my songe.

**Thon.**

I thanke thee.

Hum-



**T**he bodie wher heat & moister dwel  
 Se sanguine folkes as Galen tel,  
 With visage fair & chekes rose ruddp:  
 The slepes is much, & dremes be bluddi.

The dis-  
 cription  
 of the san-  
 guenes.

Puls great and full, with digestiō fine,  
 Pleasauntly concocting, flesh and wine,  
 Excrements aboundant, with anger short,  
 Laughing very much and finding sport,  
 Urine grose, with couler read:

The di-  
 scription  
 of the fleu-  
 maticke.

Pleasant folkes at bo:rd and bead.

Wher cold & moister preuaileth much

Fleumatike folkes be alwaye such,

Fatnes, softnes, here plaine and rite,

Narrowe vaines and couler white,

Dul of wit, no hart to bold,

Puls very slowe, digestion cold.

Sleeping ouer much, urine grose & pale,

Spittel white & thick, thus endes þ tale.

Choller is whote, and dyp as fire,

Leannes of limmes and puffed with ire,

Cost iffe belles, with little slepe,

Dreames of fier, or woundes depe.

Sallowe coulered, or tawnie read,

Feding on salt meats, & crufts of bread,

Voice sharpe, and quicknes of wit,

Urine yellowe and saltnes of spit.

Pulses swift, and very stronge,

Cruel counteuanc, not anger long.

The di-  
 scription  
 of the col-  
 lericke.

## The Gouvernement

The description  
of Melancholy.

Melancholy is cold, and very dry,  
As here in time his signes wil try,  
Heare playne, and very thin,  
A leane wretch, with hardnes of skin.  
Choller whitch, or like to lead,  
Much watch, and dreames of dread,  
And slif in folishe fantasie,  
Digestion slow, and long angry.  
Fearful of minde, with watery spittle,  
Seldome laughinge, and pulis litle,  
Urine watery, and very thin,  
The colde earth, to him is kin.

John.

This is a good song, & I wil learn it  
for though it seme not very plesant,  
yet I perceiue it is profitable. For we  
hast spoken of the signes of the .iiii. co-  
plexions, I pray thee teach me shortly,  
how to know the elementes.

Humphrey.

They be .v. beginners vntempered, from  
mingled & vntempered, from  
whose mixtures euery corporal  
thing hath his substance.

John.

What be the parts? I pray the tel me.  
Humphrey

Hippocrates de  
Element.  
Auic. in  
canteca.

**H**umfrey.

**F**oure, thone is earth, the hea-  
 uiest matter & grossest, which  
 is colde and dry, and melancoiy. The dis-  
cription of  
the. iiii. E-  
lementes.  
 And the other is water, whyche  
 is lighter & moiste subtil then the  
 earth, & of nature is colde, moist,  
 and flegmatike. Then is ayre  
 moze purer and lighter then wa-  
 ter, and if it be not altered wyth  
 any other straunge cause, it is Galen. in  
lib. 8 de cr.  
 hote and moiste and sanguine.  
 Then fier is moiste lighte, pure  
 and cleare, a clarifier and a clen-  
 ser of al thother elements, when  
 they are corrupted, and is of hys  
 owne nature hote, drye, and col-  
 lericke. And of these foure Ele-  
 mentes, bothe man, beaste, fische,  
 foule, herbe, stone, mettall, haue  
 their ppropze working, not of one  
 of the elementes alone, but of al:  
 some moze and some lesse, accor-  
 ding



## The Gouvernment

dyng to their natures.

Hipocrates sayeth: after the soule is gone from the bodie, the body doeth returne to the first matter wherof it was made: And to conclude, all thinges that be made vpon earth, shal returne vnto the earth againe in tyme.

**John.**

**V** Why might not men, beastes, fyfth  
oz foule, herbe, oz tree, be of one element  
aswell as of foure? I praye you  
tell me.

**Humfrey.**

**N**oo, for Aristotell sayeth: Deus &  
natura nihil agunt frustra. God &  
nature hath doone nothinge in  
vaine. And if any thing vpon the  
earth sencible were of one element:  
no sickenesse coulde hurte it, noz  
disease corrupt it, but euery thing  
liuing vppon the earth, seing it hath  
had beginninge, it must

Creatures  
are compounded  
of more elements  
then one.

must nedes haue ending, to whō  
these foure complexiōs doeth be-  
long, if they do greatly abounde  
or deminish, or withdraue their  
vertues with quantities or qua-  
lities.

John.

Maye a man see anye of the Ele-  
mentes.

Humfrey.

The thing whiche men do see,  
be none of þ foure Elemētes  
not earth, but earthie, not water  
but waterie, not ayre, but ayrie,  
not, fire, but fire. But the things  
whiche man do fele, be the foure  
Elementes, as earth, aire, fier, &  
water. And these be þ vttermost  
simpler of complexions, diuersly  
& specially, alone of theim selves,  
or mingled with other, takynge  
sundrie and diueres effectes, ma-  
ners, condicions, formes & qua-  
lities,

Elemētes  
felt & not  
seen.

D.iii.

lities,

## The Governement

lities, both in man and beast, and  
euery liuing thing, sensible and  
insensible.

John.

What is the cōplexions of the four  
quarters of the yeare, and names  
of the signes?

Chunfrey.

Hipocrat.  
in lib. de  
Natura  
humana.

Wynter.  
Springe.  
Sommer  
Haruest.

The spryng time when bloude  
doth increase: Sommer when  
read coller doeth reuole: Haruest  
when coller aduste, or melancoly  
doth reignē. Wynter when flēme  
dothe abounde in full strengthe.  
It is called wynter from the .xii.  
day of December, vnto the tenth  
daie of Marche. This season is  
colde & moiste, it is called spring  
time, frō the .xii. day of Marche,  
and endeth about the .xii. day of  
June. Sommer beginneth about  
the .xii. day of June, and endeth  
about the .xii. day of Septēber.

Autum.



Autumne or Heruest, be ginneeth  
about the .xiii. daye of Septem-  
ber and endeth about the .xi. day  
of December. Capricornus, A-  
quarius, and Pisces, be wynter  
signes. Aries, Taurus, and Ge-  
mini, be signes for the sprynge.

Of the .xii.  
signes.

Cancer, Leo, and virgo, bee the  
signes for Sommer. Libra, Scor-  
pio, and Sagitari, be the signes  
for Haruest. And y sunne goeth  
throught all these .xii. signes in  
xii. monethes. And the Moone  
goeth .xii. times throught eche of  
the forsayde signes ones in the  
year, and do take sondry effectes  
in man, beastes, & frutes, in the  
said signes: hote or colde, moist or  
drye.

John.

What bee the complexions of me-  
dicines?

Humfrey.

D.iiii.

Those

## The Gouernement

Auic. in  
pri. can.

Meates  
and medi-  
cine bee  
knownen  
by tasting

**T**hose thinges that ouercom-  
meth and gouerne the body,  
as purgacions, expulsiues. &c.  
These be called medicines, and  
those thinges that nourisheth and  
augmenteth the bodye, be called  
meates. For the complexions of  
meates & medicines, be knownen  
by their tastes, as coldnes, hote-  
nes, moistnesse, drynesse, bitter-  
nes, saltnes, sweetenesse, fatnesse,  
sharpenes, stiptick, and clammy.  
And because thy request is, to  
haue prescribed vnto thee, but on-  
ly a litle gouernement of health:  
I wyl shewe vnto thee another  
of my litle songs in plain metre,  
howe thou shalt knowe meates  
and medicines, by their tastes.

**Ihon.**

**T**hat is my chiefe desire, I will heare  
thee, saye on.

**Huma**

## Humfrey.

<b>C</b> olde quencheth the collers pride.	<b>Cold.</b>
Moist humecteth, y <sup>e</sup> whiche is dried,	<b>Moiste.</b>
The flowing moister, be proff I <sup>e</sup> trie,	<b>Salte.</b>
Is wasted of humors, hote and drie,	
The subtile fode, that is persing quicke,	
The clammy meates, maketh it thicke.	
Bitter thinges, clense and wppeth ofte,	<b>Bitter.</b>
And erpel flem, and maketh softe.	<b>Clammy.</b>
Salt drieth, and resoluech flemme tough,	<b>Stipticke</b>
Patnoiseth, and make subtil inough.	<b>Sweets,</b>
Stiptick oz rough taste on the tounge.	
Bindeth and cōfortech appetitelong.	
Sweete thinges in clensing, is verp good	
It desolueth much, anoiseth blode	
These thinges wel used, nature wil please,	
But abusing the beastly, brigeth disease	

John.

I<sup>e</sup> good faith, me think thou sayest  
 wel, for there apere perfit reasons in  
 these thy pretty rules. Nowe thou haste  
 declared vnto mee, the signes of com-  
 plexions of men: with the waye and  
 apte knowledge of meates by theyr  
 tastes, I woulde sayne learne, shortlye  
 the temperantes and complexions of  
 mankynde.

Hum



## The Governement

### Chumfrey.

**T**here was neuer no discrete,  
nor wise phisician, that either  
feared God or pitied mankynde,  
or loued his own honesty: wolde  
take in hande either to prescribe  
diet, or to minister medicine to  
any body, before he well did con-  
sider, and wisely weye with him-  
self, the temperament, mixture or  
complexion of mankinde. Fyyste  
whether he were hote or colde,  
moist or drye, fat or leane, or in-  
different betwene them bothe.

Tempored by health, or distem-  
pered by sicknesse, as the extre-  
mities of hotnes, coldnes, moist-  
nesse, and dryenesse. Therefore  
Thon, these thinges may not be  
forgottē, you muste note also the  
foure ages of mankinde, & fyyste  
the tender state of childre, which  
beginneth at the birth, and so cō-  
tinueth

Auic. in  
pri. tract.  
cantic.  
Gal. lib. 1.  
cap. 2. li. 1.  
cap. 3. li. 4  
cap. vlti.  
San. med.

tinueth vntil fiftene yeares next  
 after their saide byrth: Ther tem-  
 pramentes oz complexion, bee  
 hote and moiste, very like vnto  
 the seede wherof they be procrea-  
 ted, then next vnto childhode oz  
 innocentage. Youth which is the  
 seconde parte of life, be ginneth to  
 reigne, his temperament oz com-  
 plexion hathe rather more fyreie  
 heat, then perfite naturall heat,  
 and this secondage, continueth  
 for teene yeaes, as Galen saith  
 Wel, in this two firste states of  
 lyfe, let al natural fathers & mo-  
 thers bring vp theyr youth, sette  
 God before their eyes, for they  
 haue no small charge comitted  
 vnto theim, that muste geue ac-  
 compte to God, howe they haue  
 brought vp their children: & they  
 that in these yeaes do spare cor-  
 rection, truely be greuous ene-  
 mies

Gla.lib.5.  
 Aphor.  
 comen.9.

An exhorta-  
 tion for  
 bring-  
 yng vp  
 of youth.

## The Gouvernement

mies vnto their children, and at  
laste shall be recompensed w<sup>th</sup>  
shame, when they shall see misfor-  
tune and wretchednes, fall vpon  
the frutes of their owne seedes.  
For mē haue smal profit of their  
corne, whiche be choked & ouer-  
come with thistels, byperes, and  
brakes, whiche were not weeded  
in time, muche lesse of their chil-  
dren, whiche haue receiued nei-  
ther correction nor honest leare-  
ning in due season. If y<sup>e</sup> keepers  
of gardeins be careful ouer their  
late sowē seedes, & tender herbs,  
whiche are in daunger to be des-  
troied of euerye froste: What  
shoulde good fathers & mothers  
do for their children, whose ten-  
der and youthfull yeares bee ca-  
ried away, & overcome of euerye  
folishe fantasy, and it is no mer-  
uaile, But this shall suffice for  
the



the wise, and smallye profite the  
fooles, but to my matter whiche  
I toke in hande, I will returne  
vnto the thirde age of mankind,  
whiche is called the lusty state of  
life, and beginneth at. xxv. yeres  
and continueth vnto. xxxv. This  
age is hoot and dry, and verpe  
collericke, as Galene saith: This  
part of life is subiecte, to manye  
burning and extreme feuers, &  
hote vlcers: therfore it is neces-  
sary to knowe this temprament  
or cōplexion; which is called col-  
lericke, as plainly maye appeare  
by age, strength, diet, vrine. &c.  
This is the best tyme for man-  
kynde to trauell in, with godlye  
exercise in science, arte, and pro-  
fitable trauels in his vocation,  
puttinge in practise, the vertues  
whiche he hath learned in youth,  
for thys is the sommer parte of  
lyfe,

Galen. in  
lib. Simp.

## The Gouernement

The beste  
tyme to  
prouide  
for a che.

lffe, wherin al goodlye frutes do  
florische in euery good occupatiō.  
This is the very heruest, to ga-  
ther pꛛecious coꛛne, and frute of  
their labours againste the colde  
stoꛛmes & cloudye daies of their  
aged wynter, wherein the bodye  
shalbe weake, and the eies sight  
decaye, and the handes trimble,  
and therfoze it is not comelye to  
see the state of age, without rest,  
whiche in the time of youthe, did  
honestlye trauell. Foꛛ there is a  
grace geuen to manye creatures  
vnrasonable, bothe beastes and  
foules, to make pꛛouision before  
hand, what is thē to be required  
ofm en reasonable, as foloweth  
in these verses.

The bird in tyme her nest can make,  
The bee wil build his honse ful fine,  
The Crane with stone in fote wil wake,  
The Cony wil carue vnder the mine,  
The

The Squirrel in trees her nuts can kepe,  
Against colde winter to feede and slepe,  
And should not man wel foresee,  
In ponth to know his olde degree.

**T**hen from. xxxv. or few yeres  
following the lusty braunches  
of youth, begin to abate his ple-  
saunt leues, flowers and fruite  
by little & little wil decaye, rawe  
humers, crampes, dropsies, qua-  
terns, melācholy, wil then draw  
nere. The riots, surfits, soze la-  
bours, bearing of extreme bur-  
dens, wrestlings, actes veneris  
with the abuse of youth, wil then  
spring forth, to the detrimente of  
age and sodaine decaye of life, in  
especiall of drunkardes.

### Chon.

**W**hat be the places of bloud, Chol-  
ler, fleume, and Melancholy: natu-  
rall or unnaturall. Thou haste not  
made a particuler distinction of theyr  
proper



## The Gouvernement

proper places, but generally thou hast  
spoken wel in thy songe.

Humfrey.

**T**here are also other descriptions of the foure humours, very necessary to be knowē, and their places where as they dwell within the body, & first of bloud, as Galen saith: in his first booke of effected places, bloude (saith he) that is in the pulsis, dothe greatly differ from the bloud of the vaines, for the bloude of the pulsis is thinner, ye allower and hotter, and this bloude, maye be called the gouernour of life. The spring & fountaine of the bloude generall is in the lyuer, whyche serueth euery vaine of bloud, and this blud in culler is very read. If leuome is white, and is ingendred in the stomake, and at length by the vertue of naturall heate, pure

The. iiii.  
humours  
natural &  
unnatural  
are descri-  
bed.

pure fleame is turned into blud.  
There be also watry, stūny glas-  
sy, grosse, salte, sower, thicke,  
harde, binding, and extreme cold  
fleames, whiche in dede be vnnat-  
turall, that bee engendred thro-  
rowe, surphets, coldenes or idel-  
nes, bringing to the bodie many  
noisome diseases. There is also  
coller, which is yelowre, whose  
place in the body is y gall, which  
cometh of the clensing or purg-  
fying of bloud: and this coller is  
cleare, hote and drie, and the cō-  
forter of decoction. Grene coller,  
or coller myngled wyth fleame,  
be vnnaturall, melancoly natu-  
rall, in the splene is nothinge but  
the sixe degrees, or heaue resi-  
dentes of the bloud, the naturall  
melācoly is known by his black-  
nes, the vnnatural cometh of the  
burning of coller, and is lighter

C.i.

and

## The Gouvernement

& hotter, browne of coulet, sober  
of taste, and putteth the bodye in  
great dainger: as madnes, black  
iaunders, continual feuers, and  
sodaine deadly diseases. There-  
foze my frende Iohn, remember  
this shorthe discription of humors,  
as y<sup>e</sup> words of Galen & Auicen say.

Auicen.  
in lib. can

Iohn.

Thus I haue heard the seuerall pla-  
cinge of the foure complexion of  
bloud, Choler, Fleume, and Melanco-  
ly, and is there any distincte bootnes,  
coldnes, moistnes, and dryenes, in any  
other creature besides man: tel me.

Humfrey.

Not onlye in manne, but in  
beastes, fish, fowl, serpentes,  
trees, herbes, mettels. And eue-  
ry thing sensible and insensible,  
according to their natures, & be-  
equally mingled or tempered to-  
gether, which is called mean te-  
peraunce, or els excedeth in de-  
grees



grees, whiche is called intempe-  
 raunce, hote and moiste, may be  
 compounded to gether, soo maye  
 colde and drie, hote and drie, cold  
 and moiste, example. A cholerick  
 man, hote & drie: a fleumaticke  
 man, cold & moist. &c. Of herbes,  
 as hisope and rewe, hote and dry,  
 pursleen and cucumbers, cold &  
 moist. &c. But temperaments oz  
 complexiōs of men, beastes, and  
 trees, be some hotter, some colder,  
 according to their natures. As a  
 lion is hotter then a chollericke  
 man: pepper is hotter thē cloues,  
 And though ther bee degrees in  
 more hotnes oz more coldnes, yet  
 they are called but hote oz colde,  
 as men after laboure oz trauell,  
 they will saye they are hote, but  
 the fier which people warme thē  
 at, is hotter. Also ther be thinges  
 repugnaunte to temperaments,

Gallen. in  
 lib. 4. de  
 tempor.

## The Gouvernement

as moiste and drines together,  
heate and cooldnes together, as  
fier to bee colde, or the water of  
his own nature to be hote, which  
water peraccident of the fier is  
made hote: and fier quenched by  
the water. And euery thinge ex-  
ceeding greatly wyth distempe-  
raunce or wanting temperaunce  
or complexion, do eftsones come  
to an end, and men by extreme sic-  
kenesses, surphetes or wounds,  
or finally age, lackinge naturall  
vertue. Of heate and moistnes of  
trees and herbes, from whome  
iuce and sappe is withdrawen,  
these thinges of necessitie muste  
nedes dye, and come to corrup-  
tion, as Gallen and Aristotel sayeth.

Galen. in  
lib. 4. de  
temdor.  
Arist. de  
Gene.

Thon.

**V**Wheteer be men or women of col-  
der complexion?

Humfrey.

Auicin

**A** Vicensaieth: lyke as men bee <sup>Auice</sup>  
 hote & drie, so be women cold  
 and moiste.

**John.**

**Y**ea but Luciansaieth: they be pere-  
 lous hote of their tonges and ful of  
 venim: though I am no phisicion, yet  
 can I make a discription of that mem-  
 ber, so, I am oftentimes stinged with  
 it, I would to God they had been wo- <sup>Whether</sup>  
 med when they were yonge, but when <sup>this bee</sup>  
 they are olde, they are past all cure, but <sup>true let p</sup>  
 the best medicine, y I haue, is a gentle <sup>marped</sup>  
 herbe called rewe, whiche I am neuer <sup>iudge.</sup>  
 without great store.

**Humfrey.**

**M**an kinde was bozne naked <sup>All things</sup>  
 to this ende, that he mighte <sup>bringeth</sup>  
 clothe him selfe with other crea- <sup>his aparel</sup>  
 tures: whiche he brought not in <sup>with him</sup>  
 to this world with him, as cloth, <sup>sauig mā</sup>  
 lether, harnes made of iron, for  
 his defence, because he is y chief  
 creature. But hozles of nature  
 haue



## The Gouvernement

Muscles  
and glā-  
ding flesh

haue harde houes, Lions sharpe  
teeth, purpintins sharpe prickes  
whiche is their cōtinual and na-  
tural armor, as things euer pre-  
pared to debate & strife, & by no  
art can scāt be tamed. The Rose  
as pleasauntly as she doeth ap-  
peare, and as sweetly as she doth  
smell, spring not further without  
a great nōber of sharpe prickes.  
Therfore it is tollerable for mē  
to beare with them whome na-  
ture hath sealed and marked for  
his owne. With that humoz most  
chollerick, disgresse from this thi-  
communication, and let vs talke  
of things moze profitable, for in  
deed this is pleasant to no man.

¶ Hon.

SEing thou wilt not describe me this  
particular members, of whiche we  
haue spokē, I would be glad to knowe  
the partes of mankinde, with a short  
discription of his members.

Hum.

Hunfrey.

**M**embers be simple and also  
 compounde, the simples bee  
 tenne in nomber, the cartilages,  
 the gristels, the bones, vaines, &  
 sinewes arteries, pannicles, li-  
 gamentes, cordes, and the skin.  
 Members compounded, be those  
 that be ioyned and builded toge-  
 ther of simple members as the  
 handes, face, fete, liuer, & harte,  
 and so compounded members,  
 be made of simple. Some of the  
 compounded members be called  
 principalles: as the harte from  
 whence the arteries sprynges,  
 the brain, frō whēce the sinewes  
 springes, the liuer whiche is the  
 well of the bloud, frō whence the  
 veines do spring, and the stones  
 of generacion from whence the  
 sede of life do springe: but those  
 compounded members that bee

A diffini-  
 tion of  
 members.

C. iiii.

prin.

## The Gouvernement

Muscles  
and glā-  
Deus flesh

principal. Be all the other mem-  
bers except the simple as y nose,  
the eares, the eyes, the face, the  
necke, the armes and legges, &  
the braines and chief substance  
of our flesh, be compounded mem-  
bers of sinowes, & couered with  
panackles, whiche be of a sinue  
nature, but that sinewes geue fe-  
ling to all the whole bodye: euen  
as the artiers geueth spirituall  
bloud fro the hart to euery me-  
ber. The whole body is couered  
with filmes and skinner. Oute  
the head springeth harde matter  
issuinge from the places called y  
pores, to purge vapors & smoke  
from the brain, which ascendeth  
out of the stomake into the head  
and is censed thzough Pia mater,  
called the tender couering of the  
brayne or spirites animall. And  
therfore as som partes of y body  
being



being deuided in sonder, be eche  
 like vnto thother, and yet called  
 by the name of the whole, as for  
 example. Whē the bones be bro-  
 ken in sonder, or the flesh cut in  
 to diuers peces, or the blud pou-  
 red into sondry vessels. A peece  
 of flesh is styll called flesh, a  
 fragmente of a bone, is called a  
 bone, and a drop of bloud is cal-  
 led bloud: Euen so an hand, arm  
 vaine, or suche like vnseparate  
 partes being deuided into peces  
 or called by the name of peces, &  
 not by the name of y whole parte  
 (as is before.) But my frende  
 Iohn, to make a large discriptiō  
 of Anatomie, it were to longe for  
 me, but shortly I will saye some-  
 thing. And first of the definition  
 therof is, whā the body of a dead  
 man or woman, is cut & opened  
 & the mēbers deuided, or for the  
 want

A parte is  
 called by  
 the name  
 of y whole  
 and not y  
 whole by  
 the part.

## The Gouvernement

What an  
anatomic  
is.

Four  
things  
considered  
in the bo-  
dy of mā.

Example.

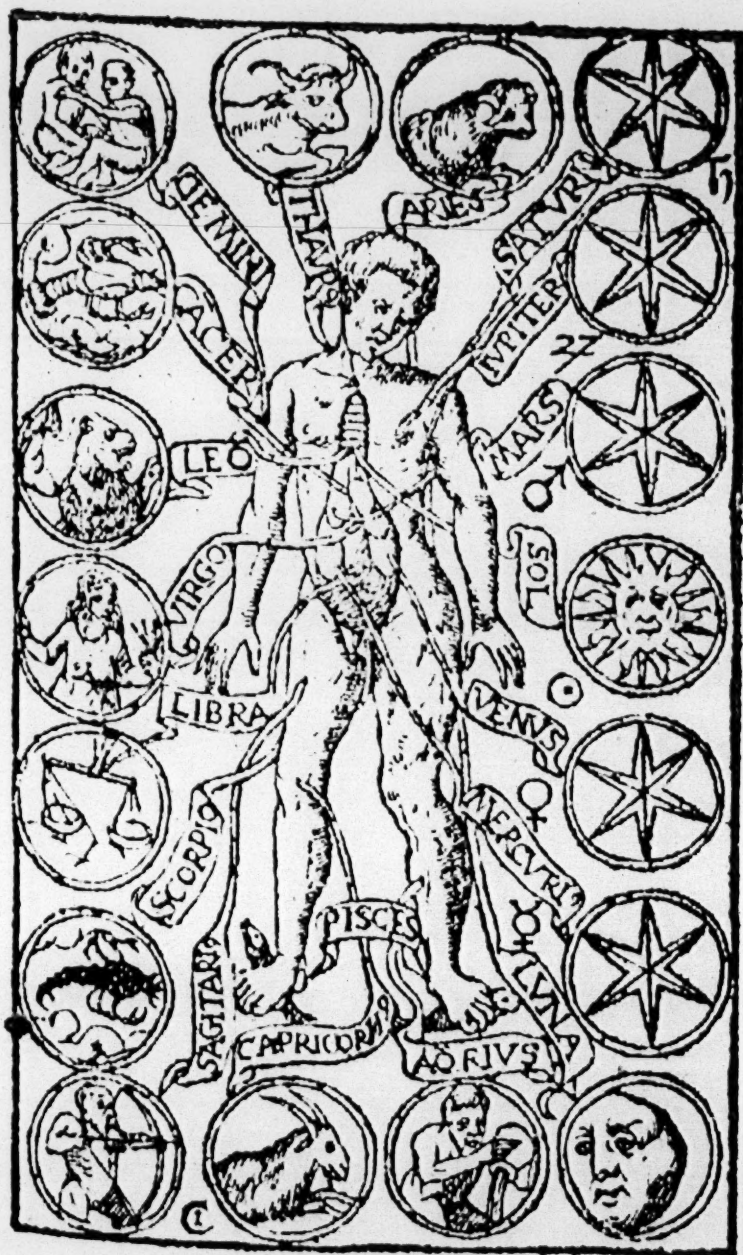
Wāt of dead bodiēs to read good  
bokes as Galen. Auicen. &c. And it  
behoueth thē that cutteth a dead  
corpes, to note.iiii. things. First  
the nutrimentall members, as  
the liuer with the vaines: the se-  
conde is, the members spiritual;  
as the harte with y artiries, the  
thirde is the animall members,  
as the head, brains and sinewes.  
The fourth & last, be excremētes  
of the bodye, as armes, legges,  
skin, heere. &c. Of these said me-  
bers, with the boones, is all the  
bodye compounded. And lyke as  
euerye tree and herbe, haue their  
rootes in the earth, & their braū-  
ches springeth vpwarde, euen so  
the rootes of mankind, haue the  
beginning in the braine, and the  
senewe and braunches groweth  
downward: in the which braine,  
dwelleth the vertues of imagina-  
tion,

tion, fantasie, memorie. &c. And these animall vertues, be placed as it were heauenly aboue al the members, communicating their heauenly influences, downe vnto the hart, as to a prince, or chiefe ruler within the bodye, whiche geueth life to euery part therof. Thou shalt consider, that the hart was the first y<sup>e</sup> receiued life from the spirites, and shalbe the last y<sup>e</sup> shall die. Note also, that as there be noble senses geue to the bodi, as seeing, hearing, smelling, tasting, feeling: euen so nature hath foure principall vertues. Firste attractiue, the seconde retentiue, the third Digestiue, the fourth Expulsiue. Attractiue is that by the which euery part of the bodie draweth the fode of life, and serueth the vertue digestiue, and y<sup>e</sup> Retentiue dooe holde the meate  
vntil



## The Gouvernement

untill it be readye to be altered & chaunged. Digestiue do alter, & maketh the foode lyke vnto the thing y<sup>e</sup> it nourisheth, as fleume, bloud. &c. Expulsiue do separate them from thother, the good fro y<sup>e</sup> bad. Thou oughtest also moste chiefly to learne the knowledg of the vaines, and for what sicknesse, they muste bee opened, and what medicines, either in sirops or pils thou must vse. And firste marke this figure of the Anatomie here present before thee, with the heauenly signes, because I haue not painted at larg the seuerall partes of the sayd Anatomie.



Take sic-  
ruppes  
or decocti-  
on of rote  
or herbes  
before  
poureseng  
purgati-  
ons.

**T**he middle vaine of the fore-  
head is good to be opened a-  
gainst Megrim, forgetfulnesse,  
and passions of the heade. And  
they

## The Gouvernement

they that be leaten bloud of this, or any other wayne, muste firste haue their head purged with pillule Chochi Rasis. or some purgation, but first vse thinges to extenuate matter, as syruppe of Buglose. &c.

**Leprosye.** Against Leprosy & deafnes. Let bloud the two vains behind the eares, and vse the sayde pillules or els pillule Aurea Nicholai or Arabice, or confectio Hameth minor.

**Replexion** Against replexion or to much bloude, or bloude in the eyes, flowing in the head, open the temples vaines calied Artiers, for they bee euer beatynge. And vse too pouрге with pillule Artritice, Nicholai or puluis ad epithama Hepatis.

**Stoping.** Against Squināce, stoppynge in the thro the throte, and stoppyng of the ote. breath, Let bloud the waynes binder



der the tounge. And for this vse  
Philoniūmaig Nicholai. & Gargarismes,  
Pillule Bechie, and oximel Simplic.

Waynes.

Waynes called Originales,  
open not without greate counsaile  
of a learned Phisicion, or cun-  
nyng Chirurgiō. They be in the  
necke, and haue a great course of  
bloud, that gouerneth the head, &  
the whole body.

Against short winde, and euell  
bloud, apzoching to the hart, and  
spitting bloude. Open the wayne  
called Dordiacā, or harte wayne,  
in the arme. Use thinges to ex-  
tenuate, as Aromaticum, Chario-  
phullatum Mesue, serapium ex Absin-  
thii in colde time. serapium Boraginis  
whote, time and pillule stomochi.

Shorte  
winde.

Against palsy, yelowie Jaun-  
dies, burning heats, & apostima-  
tions of y liuer. Opē y liuer vain  
vpon

Palspe.

## The Gouvernement

Upon the right arme. Take Scorpium ex endiue. Diamargariton frigidū Auicenni.

**Dropsy.**

Against dropsy, open the vaine betwene the belly & the breauch, the right side againste the sayde dropsy. And the left side against the passions of the milke, but bee not rash, onlesse ye haue the counsaile of one well seen in the Anathomie. Use pillule Hieracum Agarico.

**Helping  
the Emor-  
rhodes.**

Against the stoppinge the secrete termes or fluxions of women, or helpinge the Emorrhodes and purginge sores. Open the vaine called Sophane vnder the ancle. Theriaca Andromachi. Pillule Mastichine, Petri de Ebano.

**Theriaca  
is an ere-  
dent trian-  
gle.**

Within .xx. hours after one is infected w<sup>th</sup> the pestilence cōming sodenly. Open the vaine betwene the wrist of the foote, & the great toe.

100. Use Serapium Cichorii, and Pillule pestilentialis Ruffi.

Against stinking breath. Open the vaine betwene the lippe and the chin. Use for this Catharicum imperialie. Nicho. Alexandri.

Against the toothake. Open the vaine in the rofe of y<sup>e</sup> mouth. And first purge with pillule Choei Rasis, or with pilles of Masticke.

Against quartens, tercions, & paines of the leftside. Open the splene vaine, commonly called y<sup>e</sup> lowe vaine, with a wide cut, and not depe: for Chirurgiōs wisely pricking or opening vains, with litle Scariffactions, doth let out good pure bloud, and stil retain, grosse, cold, and dry earthly matter, to the great hurt of their patientes. And albeit, many more baines might heare be spokē of: and their vtilities, yet this shall

use to rat  
Capers, &  
take Pil.  
lule Jude  
Haly or  
pilule de  
lapide  
Lazule.

f.i. wel



## The Gouvernement

well suffice by Goddes grace to kepe al people in health, that by iuste cause, haue these vaines opened. Except olde men, women with childe, and children vnder xiiii. yeares of age, or men after diuers agues. For bloud letting wil then engendre perillous palsies, as very excellent phisicians haue well declared. And after one be infected with the pestilēce xxiii. houres, befoze he haue receiued medicine, or blud letting, miracle helpeth him, but truely no medicine haue vertuz to do it.

Miracle  
helpeth,  
but no  
medicines  
in this  
case.

Ihon.

**T**his same figure although it appeareth in many booke. Yet very few do vnderstand it in all pointes, such be y secret woorkes of nature. And where as thou hast wel spokē of some vaines, & apt medicines for the body: I woulde faine see the true forme and shape of the bones.

Hum.

Hunfrey.

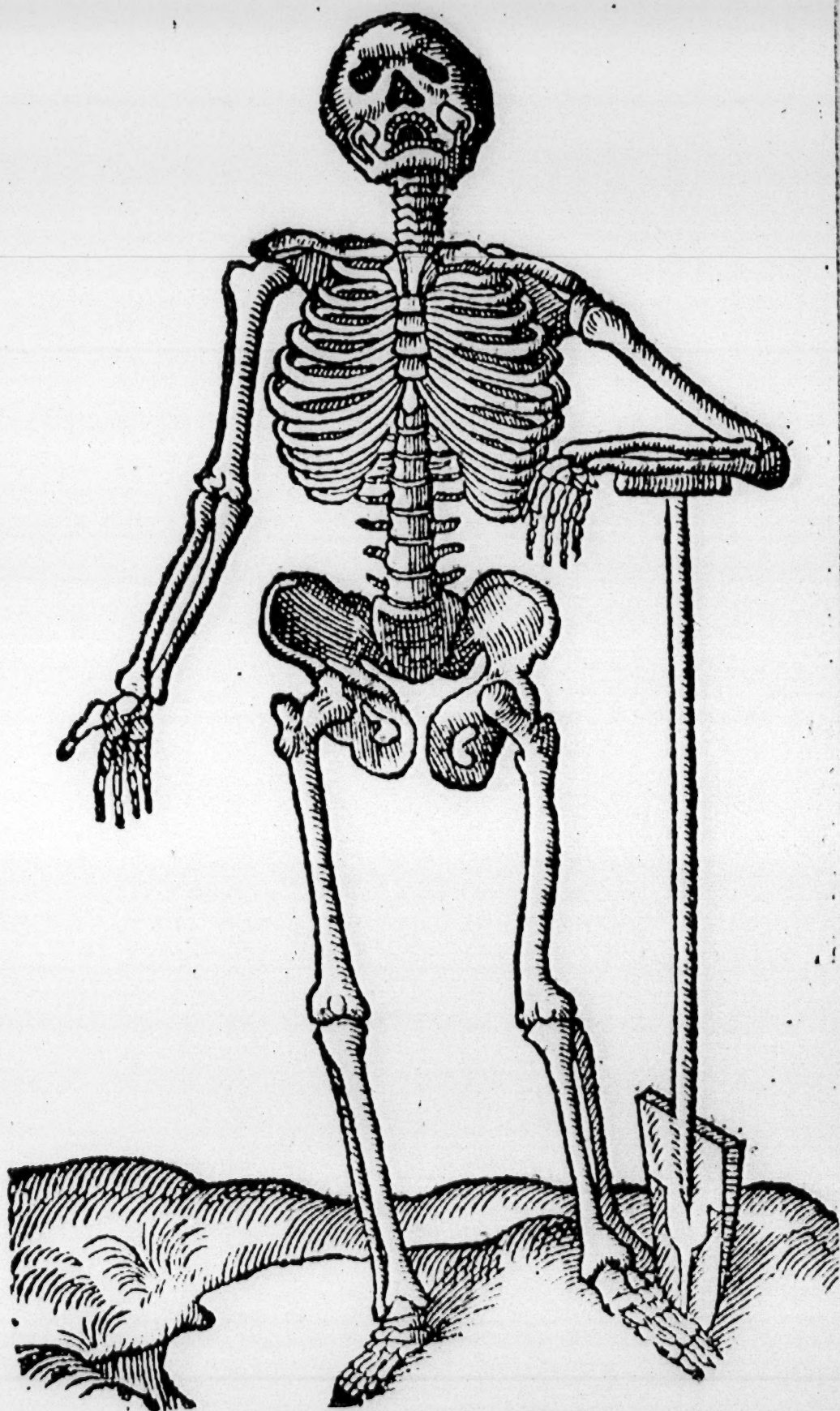
**O** Ihon, it were a long time  
to declare the singuler mem-  
bers w<sup>ch</sup> the compounds, as Galen  
do in his booke of the partes and  
boones. It requireth onl<sup>y</sup> one  
worke, but I haue taken in hād  
to teach thee but a gouernimente  
of helth: Notwithstādinge at thy  
request, I will shewe vnto thee  
a propoztion of the boones, no  
lesse trewe, than newe, whiche is  
the very timber, oz postes, wher=  
vppon oure frayle fleshe is buil=  
did, beginninge in oure mothers  
wombes, and endinge in earthe  
the mother of all thynges. And

as the noble Prince Auicen  
affirmeth, y<sup>e</sup> number of al  
y<sup>e</sup> bones, be. CC. xliiii.

beside Sisamina, & Os

Laude.

f. ii.





## John.

**T**hou haste spoken of the opening of  
vaines, and medicines conuenient  
to cleanse the bloude, with the figure of  
boones, but thou hast not spoken of cō-  
ueniente time when to let bloude, nor  
of the state or age of the whole vaines  
should be opened. Therfore I wold be  
glad to learne, not onely time of blood  
letting: but also, of purging the belly,  
vomites, bathinges, nesinges, and rub-  
bing of the body. &c.

## Humphrey.

**E**uerie thinge hathe his time  
conuenient and must be done  
wyth sober discreffion, and not  
with rash ignorauncy, which kil-  
leth an infinite nōber. Therfore  
the cause muste be knowen and  
the time obserued, as Gallen wri-  
teth in the cōmentary of the Affo-  
risines, of Hippocrates, many bodie  
be extinguished by sodein death  
in whome is extreme fulnes, or  
aboun-

Time for  
althinges

Hippo.in  
1. Affor. 3.

## The Gouvernement

Aristo. in  
pri. prob  
59.

Auic. in  
2. pri. doc.  
2. Cap. 6.

Gallen in  
lib. deflo.  
botho.  
mia.

aboundance. For aboundance of  
bloud or any other humer sayeth  
Aristotle is the cause of manye  
sickneses, and those menne that  
vseth muche glottonie in winter  
shalbe apt to receiue manye di-  
seases in the spring time. There-  
fore when the body haue extreme  
heate, fulnes of vaines, flushing  
with sodaine rednes in the face,  
grose and rede bryne, and suche  
burninge heate in the night that  
lette the slepe. &c. then it is tyme  
to euacuate the bodie, with some  
purgation, bloude letting, or ab-  
stinence as the strengthe & age  
of the patiente wyll serue. For  
many diseases, be helped by di-  
crete bloude lettinge, as plures,  
hote feuers. Frenyes, reple-  
tion, or surphetes taken w<sup>th</sup> ouer-  
much eateynge or drynkinge, as  
Gallen sayth, The letting of bloude  
dryeth

Dryethe bppe the superfluous  
moister of the belye, helpeth me-  
morie, purgeth the blader, quie-  
teth the braine, warmeth the ma-  
rie, openeth the orgāns of hering,  
helpeth digestion induceth slepe,  
Æc. Unto this agreeth Rasis, saying  
it helpeth greatly against lepro-  
sies squinaūcis. Appoplexis, pesti-  
lencis. Æc. But olde men, children  
or women with childe, ought not  
to be lette bloude, nor also those  
people that dwell in colde regi-  
ons maye not be lette bloude,  
because the bloude is the chiefe  
warmer of nature: y people that  
dwel in hoothe regions, if they be  
letten bloude, it wyll drye there  
bodies, for bloude is the chiefe  
moister of nature. Therfore, is y  
heate of sommer, and the coldnes  
of winter, forbidē to opē vaines,  
or let bloud, except for a stripe, or

Rasi in. 4.  
alman. ca.  
15.



## The Gouvernement

Rasi in 4.  
alimē. Ca.  
14.

**M**iddle  
vayne.

Hip.in.3.  
pri. doct.  
a. cap.

sodain chaunce, as Rasis sayth the  
spring of yere is y chief time to  
let bloud in y right arm, oz right  
fote, in the vaine called Mediana.  
Which vaine must be opened as  
well at other times in the begin-  
ning of sickneses, as hot fevers  
& pleurices. &c. Als basilica shuld  
be opened in y middle oz towarde  
thend of a sicknesse. Purgations  
ought to be ministred with great  
discrecion, and not rashlye to be  
taken, for euerpe trifle as thou  
hast hard me speake of blud let-  
tinge. So obserue the selfe same  
rules in purgation, as time, per-  
son, qualitie, oz quatitie. For Hip-  
pocrates saith, withoute doubte it  
is nedefull to purge the super-  
fluitie of the body. Als if blud do  
abound to take thinges to purge  
bloud. If fleme be superfluous,  
then take thinges to cleanse hye  
supere

superfluitie. If colles be to ardet  
 hote, vse thinges to extinguishe.  
 If melācholy be to extreme then  
 taste thinges to bringe him into  
 a meane. And not to pource one  
 humer with the medicines of an  
 other, but to take them in deue  
 order and aptenes. For the saide  
 humers as Valarius cordus, Mesue,  
 and Nicholas, teacheth the maner  
 of making of the moste excellent  
 purgations with their quātities  
 And as in bloude lettynge slepe  
 muste be auoided for. viii. or. xii.  
 hours after them: so when your  
 purgations be taken, ayre is to  
 be auoyded and to be kepte close  
 for. ii. or. iii. dayes or more, as  
 malice of the disease, or power of  
 the purgations be, and the coun  
 sel of Rasis must be followed.  
 Which saith oftentimes to take  
 purgations or laxatiue medicēs

Surpa  
 tion in me  
 dicin is il.

Best in  
 the morn  
 ings to  
 let bloud  
 euell to  
 mard  
 night.

Rasi in 4.  
 alman. ca.

15

dothe

## The Gouvernement

dothe make the body weake, and apt to the feuer ethicke, and speciallye in verpe leane or weake persons they y be verpe fat haue final guttes and vaines, purgatiōs be very noysome vnto them. But strong bodie's hauing large vesselles, may susteine purgatiōs without any hurt, but strōg purgations, either in pilles or potiōs, if thei any thing do excede be very hurtful: therfoze, y does or quantities, maye not excede. And also they must be made as pleasaunte as arte can do them, onlesse they offende the stomake. Hippocrates geueth counsaile that men should not mingle medicins with meate, but to take them thre or foure houres before meate, or els so long after. Onles they be pilles called Antecibum, which may be takē at the beginning of supper

**Hippocrates**  
a medicen  
greith not  
except pil-  
les before  
supper.



supper, or els Pilli chochi, a litle be  
fore slepe, two houres after sup-  
per the best tyme of purgacions **Temeta**  
is in the spring tyme, as the Doc- **purge.**

ters doth affirme: the apt daies &  
signes are commonly knowen in  
the Englishe Almanackes, cal-  
culated into englishe. As in the  
writinges of maister Leonarde  
Digges, & of William Kenning-  
ham, a learned student bothe in

**Digges  
Kenning-  
ham.**

Astronomy and Physicke, wyth  
manye mo good men that taketh  
paines to profite & comon welthe

There is an other maner of pur-  
ging of the body by vomit, for it  
cleaseth from & midzife upward,

**Vomites  
and there  
profites.**

if they haue large brestes, and be  
collericke personnes. It is good

againste dropsies and leprosie,

& better in sonner thē in winter,

as Hippocrates saith; and holliomer

one houre before supper then at

**Hip. Sēt  
in. 4. A  
phorif.**

any

## The Gouvernement

Custom  
to vomit  
weake-  
neth the  
stomacke.

Auicenn.  
in 4. pri.  
cap. 13.

Of ba-  
thes and  
there pro-  
perties.

any other time, and not to be bled  
as a custome: for the custome of  
of vomittes hurteth greatly the  
head and eies, and make the sto-  
macke so feble, that it will scauce  
bere any meates or drinckes, but  
eftsones caste them by agayne.  
They which haue narrow thro-  
tes and breastes, and long neckes  
vomites be nether apte nor good  
for them. And Auicenn sayeth: that  
vomites ought to be twyse in the  
moneth for the conseruacion of  
health, but that whiche is more  
doeth hurte the boie. There is  
an other kinde of the clensing of  
the body by sweetynge, as wyth  
hoothe drinckes, warme clothes,  
perfumes made of Olibanum, brim-  
stone, niter. &c. There is also  
bathes and sweetinge in hoothe  
houses for the pockes, scurffe,  
scabes, hemierodes, piles, which  
hoothe

hote houses hath the vertue of helping the sayd diseases. But if any that be of an whole temperat complexion do sweete in drie hote houses, it doth them much harme: as hyndrynge their eye sightes, decaying their tethe, hurting memory. The best bathing is in a great vessel, or a litle close place with the euaporation of diuers sweate herbes well sodden in water, which haue vertue too open the poores softly, letting out feble and grosse vapors, whiche lieth betwene the skinne and the fleshe. This kinde of bathunge is good in the time of Pestilence, or feuer quartein: in the ende of the bathes, it is good to anointe the body with some swete oyle, to molifie and make soft the synewes. And thus to conclude of bathing, it is verpe holsome, so that it bee not

The discomoditie of comon hote houses.

To use oynementes after bathinges is good.



## The Gouvernement

To bathe  
vppon an  
empty sto-  
macke is  
perillous.

Of nesing

Of suppo-  
sitors.

Scoringe  
doth mu-  
che good  
to the bo-  
dye.

not doone vppon an emptie sto-  
macke, palseis maye come theres  
by, or to take sodaine colde after  
it, there followeth an other pur-  
gacion, called nesing or sternuta-  
cion whiche is benificiall for the  
body if it be vsed vpon an empty  
stomacke. Twise or thrise in a  
morning with a lefe of Bittony,  
put into thy nose, it helpeth me-  
more, good againste opilation,  
stopping, & obstructions: Suspo-  
sitors be good for weake people  
or childre, made with Hieria Picra  
& hony, made in the lengthe of a  
finger: Scarifying or boring, as  
Galen saith: applied vnto the ex-  
treme partes, as the legges, and  
the armes, doth great helpe vnto  
the bodi, in drawing watery hu-  
mour away from the bodye, but  
boring is not good for the brest,  
applied therto in hote feuers, is  
dauna

dangerous. Glisters made according to arte, be good for them whiche be to weake to take purgations. The maner of the saide glisters, because they be not here to be spoken of at large, I entend by Gods grace to set forth in my next booke of Helthful medicins. Purgacions venerus, there be so manye practitioners thereof, that I neede to wyte no rules: but this, that effectiō, lust, & fantasy, haue banished chastitie, temperance, and honestye.

I will  
speake  
more of  
Glisters  
in my  
booke of  
healthfull  
medicines.

Manye  
practicio-  
ners of  
actes ve-  
nerus.

Ihon.

Plaine people in the country, as car-  
ters threshers, ditchers, colliers, and  
plovmen, vse seldome times to washe  
their hāds, as appereth by their filthi-  
nes, & as very fewe times combe their  
heades, as it is sene by flore, nittes,  
grese, fethers, strawe, and suche lyke,  
which hangeth in their heares. Whe-  
ther is washing or cōbing thinges to  
decoyat

## The Gouvernement

decozate oꝝ garnishe the body, oꝝ els to  
brynge healtb to the same:

Humfrey.

Gestes &  
birdes,  
vse fricti-  
ons and  
pruning  
thē selues

The pro-  
fit whiche  
cometh in  
washing,  
the hādes  
with cold  
water.

**T**hou seest that y deare, horse,  
oꝝ cowe, will vse friction oꝝ  
rubbing thē selues against trees  
both for their ease and healtbe.  
Birdes and haukes, after their  
bathing will prune & rouse them  
selues vpon their braūches and  
perkes, and al for healtbe. What  
shoulde man do, whiche is reaso-  
nable but to kepe him selfe cleane  
& often to washe the hādes, which  
is a thinge noſte comfortable to  
coole the heate of the liuer, if it be  
done often, the handes be also the  
instrumentes to the mouthe and  
eies, with manye other thinges  
cōmōly to serue y body. To wash  
the handes in cold water is very  
holsome for the stomake and ly-  
uer, but to wash with hote water  
engend-



engendzeth rumes, woꝛmes and corruption: in the stomacke, because it pulleth awaye naturall heate vnto the warmed place, whiche is washed. Frication or rubbing the bodye, is good to be done a moꝛninges after the purgation of the bellye with warme clothes, frō the head to the bꝛest, then to the belly, from the bellye to the thighes, legges, & so foꝛth, so that it be done downwarde.

Hotewater is unholsome to washe hands in

Frictiō holsome foꝛ the bodye.

And in dꝛie folkes to be rubbed with the oyle of Camomill. Combing of the head is good a moꝛninges, and dothe comforte memory, it is euill at night and opē the pōꝛes. The cuttinge of the heer, and the paring of the nails, cleane kepinge of the eares, and teethe, be not only thinges comelye and honest, but also holsome rules of Physicke, foꝛ they be su-

Combing the head.

Cutting of heer & paring of nailes.

perfluuous things of the excrements.

John.

**T**he chiefe thing that I had thought to haue demaunded, and the verie marke that I would haue the to shote at, is to tell me some thing of dietinge my selfe with meate & drinke, in health and sicknes.

Humphrey.

A confide-  
ration to  
be had in  
eatinge &  
drinking.

**T**here is to bee considered in eating and drinking, the time of hunger or custome, the place of eatyng and drinking, whether it be colde or hotte, also the time of the yeare, whether it be Winter or Sommer: Also the age or complexion of the eater, and whether he be hoole or sicke: also the thinges which be eaten, whether they be fishe or fleshe, frutes or herbes. Note also the cōplexions and temperaments, of the sayde meates

meates, hotte or colde, drye or moist, and moſte chieſlye marke the quantitie & ſo furth. And like as lampes doe conſume thoyſe, whiche is put vnto them, for the preſeruaciō of y<sup>e</sup> lighte, although it cannot continue for euer: ſo is the natural heate which is with in vs preſerued by humiditie & moiſtnes of bloude and fleame; whoſe chiefe engenderer be good meates and drinckes. As Auicen ſayeth de ethica. When naturall heat is quēched in y<sup>e</sup> body, then of neceſſitie, the ſoule muſt departe from the bodye. For the worke-  
man can not worke when his in-  
ſtrumente is gone: So the ſpi-  
rites of life, can haue no exerciſe  
in the body, when there is no na-  
tural heate to worke vpon. With-  
out meate ſaith Galen: it is not  
poſſible for any mā to liue, either

For cauſe  
why the  
ſoule de-  
parteth  
from the  
body.



whole oz sicke , and thus to conclude, no vital thing liueth without refection and sustenance, whether it be animall reasonable, oz animale sensible, without reason oz any vitall thing insensible, bothe man, beast, fishe, and woyme, tree , oz herbe . All these thinges be nourished with the influence oz substance of the.iiii. Elementes oz any of them.

John.

Well Humfrey thou knowest well my complexion and disorder of my diet, what remedye for me, that haue liued like a riotour?

Humfrey.

To eate  
both fishe  
and fleche  
together  
hurteth y  
flegma-  
ticke.

I know it wel thou art flegmaticke, and therfore it is longe of thy meate is digested . . . When thou doste eat fysh and flesh together, it dothe corrupte in thy stomack and stinke, euen so doth harde

harde chese and cold frutes. And  
 olde poudzed meates, and rawe  
 herbes ingender euil humers, so  
 y diuersitie of qualitie, and quā=  
 titie of diuers meates, dothe  
 bzinge muche payne to the sto=  
 mack, and doth engendre manye  
 diseases, as thou maiste rede in  
 the firste booke of Galen: iuuenētis  
 membrorum. c. iiii. And the Prince  
 him selfe saithe in. iii. pri. doc. ii. Ca.  
 vii. Saing nothing is moze hurt  
 ful then diuers meates to be ioy=  
 ned together. For while as y last  
 is receiued, the firste beginneth  
 to digest. And when the table is  
 garnished with diuers meates,  
 some rosted, some fried & baken,  
 some warme, some colde, some  
 fishe, some fleshe, wyth sundry  
 frutes and Sallettes of diuers  
 herbes to please thine eye: remē=  
 ber with thy selfe that the sighte  
 G.iii. of

Galen.

Hipocri=  
tes.

To fede  
of diuers  
sortes of  
meates  
corrup-  
teth the  
bodpe.  
Eccle. 37.

Good di-  
et prolongeth  
life.

of them all is better, then the feeding of them all. Consider with thy selfe thou arte a man and no beast, therfore be tēperate in thy feeding and remember the wyle wordes of Salomō: Be not gredie saith he in euerpe eating, and be not hastie vpon all meates. For excesse of meates, bringeth sickness, and glottonie cometh at the last into an vnmeasurable heat.

Thzoughe surfite haue manye one perished, but he that dieteth him selfe temperatly prolongeth his life. Therefore grosse fishe, lambes fleshe, the inneates of beastes, rawe Herbes, Pigges bzaines, and all slimie meates, be euil for thee: but late suppers is worste of all: speciallpe if they be longe, for it causeth painefull nightes to followe. But Galen saith in his booke Diechimia the meates



meates whiche be withoute all blame, be those whiche be betwene subtill and grose. Good bread of cleane wheate, fleshe of capons or hēnes, Fesantes and patriches, Pigeons, and Turtill doves, Black birdes, and small fieldes Birdes, roasted Meale, or boyled Mutton: These doe engender good bloude saith Galen. Note also that anye other meate that thou doest eat at supper, although it seme repugnant to a flegmatike stomack, if thou slepe well after it, and feele no paine, thou maiste vse it as a meat necessarie. And when thou canste not slepe wel, if the defaute came through meat, marke that meat or drinke, although it appere pleasant, refuse it as an enemye. And wheras thou hast vsed euill diet as a custome in abusinge time,

What  
kinds of  
meates  
dothe  
cause  
good  
bloude.

What  
hurt com  
meth of  
an empty  
stomacke  
when ye  
go to bed

quantitie & qualility, bi litle, and  
litle, bzing thy selfe into good or  
der & to time, bothe for thy brek-  
fastes, dinner and supper. Pro-  
vided alwaye to eate good thin-  
ges, but not many thinges. For  
like as repletion or abundance  
of meate is an ennemy vnto the  
body and soule, and bzingeth so-  
dain death: euen so is emptinesse  
a shortner of time, a weaker of the  
braine, a hinderer of memozye,  
an increaser of winde, coller, and  
melancholpe. And oftentimes to  
manye, bzingeth sodaine deathe  
also, excepte nature haue some  
thing to worke vpon, as I did tell  
the before: vse some light thinges  
at breakfast of perfite digestion.  
Within.iiii. hours after that re-  
ceiue thy dinner, obseruinge the  
good order of diete, drinckinge  
wine or beere oftentimes, & litle  
attonce,

attonce, eschewing gret draugh- An order  
of dieting  
 tes of drinck, 'whiche is vled a-  
 mongst beastes, and mingle thy  
 meate with mirth, which is euer  
 the best dishe, at the bozde, and be  
 thanckfull to God. And so leaue  
 to an appetite, passinge the time  
 wisely betwene dinner & supper,  
 with exercise, laboure, studie or  
 pastime, vnto the end of .vi. hours  
 and then begin thy supper, pro-  
 uided that it be shorter then thy  
 dinner, eating thy meate by litle  
 and little: for gredye and sodain  
 eatinge is hurtfull to nature, as  
 Galen saithe in his dietory. Galen  
metrite. Note  
 also, that thou maiste eate more  
 meate in winter then in Sommer,  
 because thy naturall heate is en-  
 closed within thy body in winter,  
 but vniuersallie spreade in Som- Collicke  
 mer. Also Collicke men maye  
 as lightely digest biese, baken,  
 Venison,



The Melancholy.

The Sanguine.

benison. &c. with as much speede  
and litle hurt, as the flegmatike  
mā may eate, rabbit, chekē, & par-  
triche. &c. But the melancoly mā  
throughe the coldnesse of the sto-  
macke hath not that strength in  
the stomacke as he hath prompt-  
nes in wil, to eate things warm  
and moiste be good for him. The  
sanguine man is not so swifte  
in this digestion, as the hot col-  
lerike manne is. But notwith-  
standing, he hath good digestiō  
throughe the humiditie & warm-  
nes of bloud, and coueteth to eat  
swete thinges, whiche greatlye  
augment the blud: therfore sharp  
saucis made with Vineger, On-  
ions, & barbaries be holesome,  
Purslen, sorrel, small fishes that  
fedeth vppon the stones in fayre  
running waters, cucumbers and  
pure french wine partly delayed  
wyth

with water, be good for the saide  
languin men: to kepe them from  
much encrease of fleſhe.

**Thon.**

Thou haſt ſhewed vnto me, a very  
diſcrete and whoſome order of diet  
particuler to my ſelfe, and partly to o-  
ther completions: but what rule or pre-  
ty Government is for ſick folkes?

**Humfrey.**

They that be ſodeinlye vexed  
with ſharpe ſickneſſes, muſt  
haue thinne dietes, wyth water  
gruell, thin mutton or chickens,  
pottage without any fat or thick-  
nes, violet leues, endiue leaues,  
and ſuch like coling herbes, and  
let their drinckes be made of Ti-  
zantes, thus do to them that haue  
hote ſharpe ſickenesſes, occasio-  
ned of choller. And alſo colde ſi-  
rupes of Endiue, violets, ſuger,  
water, and vineger, ſodden toge-  
ther

An order  
for the di-  
etynge of  
ſuche as  
be ſick of  
ſharpe fe-  
uers.

Of siropes  
and  
drinckes.

ther be very holosome. But if sicknesses be longe of continuance, their diet muste be the thicker, & their meates made the stronger, specially if their diseases be cold: with the flesh of cockes, capons, temperate wine, stewed brothe, with holsum herbes, as buglos, burrage, basil, parcelpe, and fenel Rootes, with some Naces, dates, damaske prunes, raynsins of the sunne, and suche like. Siropes of Ilope and Citron, provided y they neither take meate nor medicine immediatly before or sone after their fittes. Posset ale with clarified herbes excepted, whych they maye take for their comforte, accordinge to the estate of their disease. Such as be sicke, muste haue meate, contrarye to their complexion. For they that be cold, must haue hote meat,



meate, and medicines. And they that bee drie, muste haue moiste thinges. But they that be hotte: must haue colde thinges, for the ardent heate of the fier is quenched with the moistnes of y wa-  
 ter, & so the quātitie of one qualitie, ouer comineth the qualitie of another. And in deede, phisicke saithe, the bodie that be hotte, muste be fed with thinges lyke, as they that be moist: with moist thynges to preserue their moistnes. They that bee hotte, wyth hotte thynges to preserue their heate, and suche lyke. But when they doo excede in heate, colde, moiste or drie: then let the qualities, of moistnes, be tēpered with drieness, & the coldnes, w warmnes. For, like as man deliteth in thinges of like, as the collericke man, collericke thinges: euen so  
 As the cō  
 plerion  
 is, so mā  
 requirctly  
 doo

Do beastes, & frutes, as the Colloquintida which is bitter, deliteth in bitter ground. Hot spices delite to growe in hotte ground, and euery frute and herbe dothe delite in the thing that is of like: euen so dothe man in his foode. But in al things let him beware of distemperaunce, surfittes or replecion, reare suppers & dronkenesse.

**Ihon.**

**B**ut if a man feleth great grese after meates or drinks, what waye is there then for to helpe him?

**Humfrey.**

**V**se walking vp and down, and perhappes that wil digest, as Auicen sayeth: And Rasis sayeth, to walke a hundreth paces after meate, is holsome, for it comforteth digestion, prouoketh vrine, and geueth one power

The.iii.  
doctrine  
The.vii.  
chapter.  
Moderat walk  
after  
meate  
profiteth

Wer and strengthe of stomacke  
 to eate his supper. But the coun-  
 sail of Gallen must here be obser-  
 ued whiche saith : there is no Gallen  
 meate but it wyll corrupte or n.6.de ac  
 stinke, if the bodie bee cast into a cedeti &  
 sodaine heate by stronge trauail morbo.1.  
 sone after meate, which corrup- cap.  
 tion of digestion is the mother  
 of all diseases, and the beginner  
 of all infirmities, as Auicen re- Auice.in  
 porteth : And if you se this wyll 13.theo.3.  
 not helpe to digeste your ingo- tracte.3.  
 ged full stomacke, then prouoke cap.  
 your selfe to sleepe lying vppon  
 your right side, leaning towarde  
 your brest and belly, laying your  
 warme hand vpon your brest, as  
 Auerois saith : the power of dige-  
 stion is made strōg when a man  
 slepeth. For natural heat is dra-  
 wen inwardly with warmnes, or  
 heate hath power to digest. But  
 if slepe

To helpe  
 digestiō  
 by diuers  
 wayes.



**H**ipo.in  
 secundo  
 prim.  
 doc.3.ca.6  
**H**ec sig  
 na decla  
 rant.

fleepe ease you not, prouoke bo  
 mite or fast it out, and this is the  
 counsell of manye learned men.  
 For it is no meruayll although  
 many meates corrupt one man,  
 whiche be of sondrye and diuers  
 woorkynges in the stomack, li  
 uer, and vains, for the qualities  
 doe hinder nature as muche as  
 the quantities. And take heede  
 these signes and euil tokens, bee  
 not founde in you. The paines  
 of all your members with idel  
 nes and wearines to go or moue  
 your bodie: Sodayne greate  
 blusshynge or readnes in your  
 face: Vaines swelled and puffed  
 vp, read vryne, and grosse skine,  
 extended or stretched oute wyth  
 fulnes, lyke a blownen bladder  
 full pulses, small desier to meate,  
 ill reast and grief in slepe, seming  
 in sleepe to beare some intollera  
 ble

ble burdeyne, or dreampyng to be  
specheles, these be the euill and  
daungerous tokens of repletion.  
And of this I geue you warn-  
ning, for it hath slayne as manye  
by aboundaunce, as hunger hath  
killed through scarcitie.

Dangerous  
tokens.

John.

I haue hearde saye that holosome ayze  
is a greate comforte to mans nature,  
but corrupt ayze doth muche harme. I  
shall require you therefore to tell me of  
the good and the bad ayze, that I maye  
learne to vse the good, & refuse the bad

Humphrey.

Alen in lib. de Sectis. sayeth : A  
wyse phisicion ought to know  
the natures of men, of waters, of  
aire, of regions and dwellinges,  
generally, particularly to thy self,  
being a natural English man of  
birth and education : this lande  
is very temperate. How be it, our

Phisicians  
ought to  
haue a per  
fecte know  
ledge.

H. i. dwell-

Note whil-  
che be the  
moste hol-  
som aires  
to dwel in

what aires  
corrupte  
eth the  
bloude.

dwellinges in this lād, be varia-  
ble as fennes, marishes, wodes,  
heathes, valleis, plains, & rocky  
places, & neare the sea side. But  
the saide Galen geueth counsell in  
his regiment of helth, sayinge: a  
good air which is pure & holsum  
is þ, which is not troubled in stā-  
ding water poles. Therfoze ma-  
ris groudes & places, where hēp  
& flax is rotten, & dead cariōs be  
cast, or multitudes of people dwel-  
ling together, or houses inuiro-  
ned w stāding waters, wherinto  
lakes or sinkes haue issues, or  
wallowing of swine, or cariō vn-  
buried, or foul houses, or suchlike  
places be daūgerous, corrupte þ  
bloude, whiche is worse then en-  
fectiō of meat, for the prince saith  
that al places of concauites, as  
cellers, voltes, holes of minerals  
where mettals be digged, or hou-  
ses



les, or walles ioyned together, wheras the sunne with reflexion beateth in w<sup>th</sup> sodain heate, whose absence bryngeth colde. These aires are distempered, but pleasant clere aires, swete gardens goodlye hilles, in daies tēperate when one maye se far of: these be good. There be certaine starres called infortunates, in their exaltacion, whose influence bringeth corruptiō to creaturs, rot & pestilence to men & beasts, poisoning waters, & killing of fish, blasting of frute in trees, and corne in the fields, infecting mē with diuers diseases, feuers, pallsies, dropsis, fransis, falling sickenneses, & leprosis. Against y<sup>e</sup> saide influēces al christen men must pray to god to be their defēce, for thei be gods instruments to punish the earth. Example, we haue of mortall

Corrupt  
aire bryn-  
geth son-  
dye disea-  
ses.

Feruent  
prayer vnto  
to God,  
doth emite-  
tigate hyp-  
to pache.

H.ii.

pesti-

Sweete  
aire to  
be made  
in tyme  
of sicknes

pestilence, horrible feuers, and  
sweetinge sickenes, and of late a  
generall feuer, that this lande is  
often plaged wyth all. Then  
make a fiere in eueuerpe chym-  
naye within thy house, and burne  
sweete perfumes to purge this  
foule ayre. And nowe in conclu-  
sion to aunswere thy question,  
for the health of dwelling. Auicen  
saith: to dwell bpō hilles is colde  
And in valleys, comprised with  
hilles, is hote. Upon a hyll syde  
against the north, is colde & drie.  
Towarde the west, grosse, moyst,  
verie subtill towarde the East.  
And cleare and warme towards  
the South. And Ras saith: in  
his first booke Afforien. A mā dwel-  
ling nere the Sea side, or greate  
waters, can not liue lōge, nor can  
not be without weakenes of mē-  
bers, or blindnes, but the beste  
building

building of a house, is vpon a drie  
ground, and a hill towarde the  
west side, and south west dozes,  
and windowes open towards the  
east, and northeast, hauing nere  
vnto y<sup>e</sup> saide house, swete springs  
of running waters. From stony  
or chalkye ground, which is  
both pleasaunt and profitable to  
the house. For Hipocrates saith  
in his booke of aire and water: the  
second chapter: Cities & towne,  
placed toward the east, be more  
surer, then the towne builded to-  
wardes the north, for temperat  
aire or wynde, and sicknesses be  
lesse. And in the saide booke, Auicen  
greatly commendeth pleasaunt  
riuers, running towarde the ri-  
sing of the sunne, the dwellers in  
suche places (sayeth he) be fayre  
and well fauored: smoth skinned  
cleare & sharpe voyces, and this  
B.iii. shall

What si-  
tuacion is  
best for a  
house.

Pleasant  
people.



Aires are  
to be ob-  
serued in  
sicknes as  
in health.

Shall suffice at this time, what  
and where, good and pleasaunt  
dwelling is. Note also, that thou  
must obserue aire as thou doest  
meate, cold sicknessis: warme air,  
drie sicknessis: moist aire. And  
so in the contraries to them that  
be sicke, and they that be hole,  
aire of like qualitie is most hol-  
some. They that haue long sick-  
nessis: chaunge of aire is a great  
helpe, both in feuers, dropsies,  
falling sicknessis & rheumes.

Thou.

I haue founde very much disquiet-  
nes in my body, when my seruants  
and labouring familie, haue felt ease,  
and yet we are partakers of one aire.

Humphrey.

Moderat  
exercise a  
soveraigne  
thing.

The cause why thy labouring  
seruauntes in the fielde at  
plough, pastures, or woode, haue  
such good health, is exercise and  
laboure

laboure, and disquietnes cometh partly of Idlenes, and lacke of trauel, which moderately vsed, is a thing most soueraine to nature

**Thon.**

I praye the tell me some thyng of exercise.

**Humfrey.**

**T**he, well learned man Fulgen- Fulgen in  
lib. 2.  
tius saith : that exercise is a  
file and chaser of the heate natu- What pro  
fit cometh  
by exercise  
ral, which chaseth away sleepe,  
and consumethe superfluitie  
strength, of the natural vertues,  
redemyng of time; enemie vnto  
Idnes, deu vnto young men,  
toy of olde men, and to save the  
truth : he which doeth abstayne  
from exercise shal lacke the ioyes  
of helth, and quietnes, both of bo-  
dy & mind. And Galen saith, in his re-  
gimet of helth, if we wil kepe per-  
fit helth, we must begin of labors

**H. iiii.** and mo-

Use ma-  
keth labor  
easie.

moderat trauele & the to our meat  
and drinke, & so forth to stepe, and  
this is the cause whi faukners,  
shooters, hunters, plowmen, and  
gardeners, &c. haue so good dis-  
gestion & strength of bodie. Who  
be stronger armed menne then  
Smithes: because of therercise  
of their armes: stronger bodied  
the carpenters, which lifte great  
blockes, and masons, which bea-  
reth greate stones, not only in  
their youthe, but suche men will  
take meruelous traueils in age  
which to Idle people semeth be-  
tye paynefull, but vnto them  
selues that trauell, no paine but  
pleasure, because of custome.  
These people can digest grosse  
meates, eating them with much  
pleasure, and sleepe soundly  
after them, wheras the idle mul-  
titude in Cities and noble mens  
houses,



houses, greate numbers for lack  
of exercise doe loue meates of  
lighte digestion and dainty dis-  
hes, many in dede they maye be  
verye profitable to Physicians.

But if trauel be one of y best pre-  
servers of helth, then is idlenes  
the distroier of life, as Auerois  
sayeth; and Hippocrates sayeth  
euerie contrary is remoued and  
helped by his contrary, as helth  
helpeth sicknes, exercise putteth  
away Idlenesse. &c. But euerie  
lighte mouing or softe walking  
may not be called an exercise as  
Galen saith, therfore tennis, dan-  
cing, running, wrestling, riding  
vppon greate horses, ordeyned,  
aswell for the state of mennes  
health, as for pleasure, where it  
is now conuerted, rather to the  
hurt of manye then the profite of  
fewe. Exercise doth occupy eue-

Apho.

Idlenesse  
the mo-  
ther of al  
mischief.

ry

Exercise  
before  
meate.

Little tra-  
uel for the  
sicke.

ry parte of the body, quicken the  
sprites, purge the excrements both  
by the raines, and gutts, therfore  
it must be vled before meate for  
if strong exercise be vled imme-  
diatlie after meate, it conueyeth  
corruption to eche parte of the  
bodge, because the meate is not  
digested. But when thou seest  
thy water, after meate appea-  
reth some what citrine or yelow  
then maiest thou begyn exercise  
for digestion is then well. But  
sick folkes, leene persons, young  
childzen, women with child may  
not much trauel. The exercise of  
dice, cardes, fightyng, drinkyng,  
knauiſhe raylling, of bauderye,  
and ſuche lyke: rather maye bee  
called an exercise of deuils, then  
of men. And thus I conclude  
with Salomon, *quam pretioſus ſit ſa-  
nitas theſaurus.*

Ihon

Thon.

After painful laboꝝ and exercise, oꝝ  
 inquietnes of the mind, there was  
 neuer thing that hath don me so much  
 comfoꝛte as sleepe hath done.

Hunfrey.

Auicen saith, that slepe is the  
 rest and quietnesse of the po-  
 wers of the soule, of mouinges  
 and of sensis, without the which  
 manne can not liue. And trulpe  
 slepe is nothinge elsse, but an I-  
 mage oꝝ brother to death, as Tul-  
 li saith. And if by imagination þ  
 didst perceiue sleeping & waking  
 wayed in the balaunce together,  
 there thou should see them equal  
 in waight, foꝝ Aristotle saith that  
 mā doth slepe asinuch as he doth  
 wake. But this is to be conside-  
 red in slepe, that naturall heate  
 is drawen inwardelye and dis-  
 gestion made perfite, the sprites  
 qui-

Auicen in  
can.Of slepe  
and wa-  
king.Tulli. in  
libro de  
sene.Aristot. in  
lib. de so.



The chief  
cause of  
perfit sleep

Sleep after  
dinner not  
heltfull.

quieted and all the bodye comforted, if the trew order of sleepe be obserued in sixe pointes. First a quiete mind without the which either there is no sleepe, or else dreadfull dreames, turmenting the sprites. Secondly the tyme of slepe, whyche is the night, or tyme of most quyet silence, for the day sleepes be not good, most chieflye soone after dinner, except to sick persons or young Children, in there tymes conuenient. Thirdly, the maner of slepe, that is to eschew y<sup>e</sup> lying on the back, which bringeth many greuous passions, and killeth the sleeper with sudden death. To lye vpon y<sup>e</sup> leftt syde is very euyl in the first slepe but tollerable in the seconde, but the most suerest waye to make y<sup>e</sup> digestion perfite, is to lye vpon the righte syde, wyth one of the handes

handes vppon the breaſte.

Fourthly, ſleepe hath the quanti-  
ty, which muſt be meane, for ſu-  
perfluouſ ſleepe maketh y<sup>e</sup> ſprites  
groſſe and dul, and decayeth me-  
more, ſixe or eight houres will  
ſuffice nature. For like as much  
watche dryeth the bodye, and is  
perilous for falling ſickneſſe, and  
blindneſſe: euen ſo to much ſleepe  
is as perilous: for, extremes be  
euer yll. Fiftlye, in the time of  
cold feuers, the patient muſt not  
ſleepe vntill the trumbling fitte be  
paſte, for then the hote fitte that  
ſolloweth wyl be extremer than  
any other fit, and harde to helpe.

Note furthermore y<sup>e</sup> thoſe bodies  
that be ful of hote inflammations  
ſleepe not wel, therfore they muſt  
vſe thinges to extenuate and to  
make colde, as Tizantes and colde  
Siruppes, or gētle purging fro  
the

Sleepe on  
the righte  
ſide is beſt

Gal. ſco.  
1. terap.  
capit. 6.

Such as  
haue the a-  
gue muſt  
beware of  
ſleepe.

The lod-  
ginge  
must be  
kept  
cleane.

Lodgings  
fitte for all  
persons.

Sleepers  
in fieldes  
in haruest  
shal be in

the belly and liuer, or finallye to haue y median veyn opened according to time, state, and age.

Sixtly the chamber must be considered that it be cleane, sweete, comly, clothes fit for the time of the yere, & the age of the people and to kepe the hedde warme, is very holssom, for in slepe natural heat is drawen into y bodi. For, the braine of nature is colde and moiste. Windows in the southe part of the chamber be not good, it is best for them whyche haue cold rheumes, dropsies. &c. To lie in close loftes, and for dry bodies to lie in low chambers, and in the time of the Pestilence, ofte to shift chambers is helthful. Lying vpon the ground in gardens vnder trees, or nere vnto stinking priues be hurtful to the body, & this shal suffice for thine instruction



tion of slepe, prouided that thou  
dost not long retain thine bzine,  
for feare of the stone, and paine  
in thy raines.

danger  
of quartes  
in winter.

### Thon.

There is nothing which I more fear  
then the stone, for my father was  
fore vered therewith: what shall I  
mark in mine bzine.

### Munfrey.

Among all mortall diseases,  
y stone is the greatest, a pre-  
uenter of time, a deformer of mā,  
and the chief weakener of the bo-  
dy, and a greuous enemy to the  
common wealth. How many no-  
ble men and worshipfull perso-  
nages hath it slaine in thys re-  
aline: manye one, whiche cometh  
of hot wines, spices, longe ban-  
quettes, repletiōs, fulnes, costif-  
nes, warme keeping of the back,  
salt meates. &c. The remedie,  
wherof

The paine  
of the  
stone.

The cause  
of y stone.

Remedies  
for the  
stone.

wherof is in al pointes contrary  
to these causes, smal wines, tem-  
perate beer or ale, no spices, but  
holsome herbes, as time, Berly  
Saxifrage, Fenel rotes, Cicuri  
rotes, &c. Lighte meales, mooste  
chiefly the supper, no baken, nor  
roasted thing, but onely sodden  
meates, and often times to relax  
the bellye with Casia fistula, newe  
drawen from the Cane, Venese  
turpentine by pilles, with suger  
and to eschewe salt meates, and  
not to kepe the backe warme: the  
stone is often found in yong chil-  
dren, whiche cometh of the pa-  
rentes. Which stones be engend-  
red as I haue said: besides of  
milke, frutes, herbes, saltfishe, &  
flesh, hard chese, &c. Now marke  
well this lesson followinge, for  
thine brine.

Salt mea-  
tes not  
holsome

John.

Chas.

That shall I gladly, reade but softly  
and I shall write thy wordes.

### Humfrey.

First in vaine.iiii.thinges Marke,

Thus said actuarii the good clarke,  
Culler regions and contentes therein,  
Substance grosse, thicke or thin.

A fair light, an vrinall pure,  
Then of thy sight thou shalt be sure.

Culler of bright gold or gilt,  
Is health of liuer, hart and milt.

Head as chery, or saffron dy,

Excesse of meat in him I spy.

Cullour grene, or like dark read wine,  
Or resembling the liuer of a swine,  
Is adustion with fierp heat

Burning the liuer and stinkinge sweat.

Leaddey culler or black as incke,  
Death draweth neere as I do thincke.

Except the termes which women haue,  
purgig blak coller, which many do saue

Culler grei as horn, or clere as water,  
Is lacke of disgestiō saith mine auther.

Vrin like fleshe broth is very good,  
Beginneth disgestion and nourish blood

Subcitric & pellow be vrin next best,

Bread and fleshe will well disgest.

Four  
thinges  
noted in  
vins.

Golden  
vaine.

Red  
vaine.

Greene  
vaine.

Couller  
like lead.

Grape  
vaine.

Vrin like  
fleshe  
broth.



Whyte &  
thick vrin

Whyte &  
thin vrin.  
Yellowe  
vrine.

circles ar  
to be no-  
ted.

Oyle in  
vrine.

periotides  
is tertian  
or quartan  
Of gra-  
uell in v-  
rine.

Contentes  
in vrin be  
the chiefe

The vrin that is whyte and thicke,  
Is euer Called flegmaticke.

Melancholy water is whyte and thin,  
The redde and grosse is Sanguin.

Yellow and thyn, springe from the gall,  
Wherin choller ruleth al.

The swelling luer and bzaynes bloudy,  
Causes Circle thicke with culler ruddy.

But whan Circles be thyn and red,  
Choller grene the right syde of the head.

If ledde Circles swim on the brink,  
It is falling sicknes as I do think.

When Oyle in vrin dothe apeer,  
Resolutio pinguis draweth neer.

When Oyle apereth in feuers hote,  
Dissoluinge the body, causeth a blote.

But of Periotides, thou felft no paynes,

This Oyle Pronogstick, consuming rapnes.

The grauell red declareth for euer,  
In dye backyd men double tertian feuer.

Whan golden grauell apereth alone,  
It hurt the raines but is no stone.

Whan grauel is of couller whit,  
Stone in the bladder worketh spit.

Contentes like smale thrides or heers,  
Throughe heate & driesnes y body weers.

Consumtion, scabbie, small pox & luss,  
Is whā many heers be mingled w dust.

In the bottō of vryns, oz vessels great things to  
 lieth stoppig matter like bran of wheat. know dis  
 Wherin contentes are, like scales of fish seas.  
 As apereth in the chamber dishe.

These signifie feuers, and ethickes olde,  
 Or stabs, which the bladder doth infold  
 Whit froth stopping cometh of wind  
 The yelow froth is of Jaunders kynd.  
 Thus of vryns I do conclude,  
 With wordes of truth, but meter rude.

There is also a litle of y<sup>e</sup> signes  
 of the excrementes of the belly.

Or filthp dung, and fer moste vile,  
 The dregges of natures fode,  
 Whan thei be diuers coulerid made  
 The signes be neuer good.

Manpe  
 cullers in  
 one stole  
 is euil.

If the sieg be like vnto the meat,  
 Newe drawn into the mame,  
 Or fleting with flem oz burbles great.  
 The body is wpyndp and rane.

Signs of  
 Crudite  
 & wpynde.

The yelow doth from choller cum,  
 The grene is burnt adust,  
 The black and leady, be deadly signes.  
 That flethe wil turne to dust.

Collick  
 signes,  
 Signes  
 deadly.

The excrement that is in the iakes cast,  
 If it haue oile oz fat,

Oile ex  
 crements

signis cō  
umfion  
except the  
cause be  
offatte  
meates.  
Stooles  
soft and  
hard.

Consumption of body than begin.  
The chiefest signe is that.

The priuey soft wel compact,  
Made in the accustomed time,  
Is euer good, and the hard is ill,  
And thus I ende my rime.

**C**hon.

O fce I fel into a great sicknes, and  
hether to I am skant recovered of  
it, the furste was so great, but counsaill  
was geuen me, that I should not stay  
my selfe vpon the opinion of anye one  
Physicion, but rather vpon thre, then  
said I: to retain thre at once, requireth  
great charge, so, those men to. Whome  
liues be committed, ought liberall re-  
wardes to be geuen. Then saide my  
frend, thei are good gentlemen and no  
greate takers. What be they? names  
said I: he answered saying: The firste  
was called doctoꝝ diet, the second doc-  
toꝝ quiet, the thirde doctoꝝ mery man. I  
did wytte their names, but yet I could  
not speake with them.

Diet.

Quiet.

Mery mā.

**C**humfrey.

Hether



**H**etherunto I haue said som-  
 thing that shall well suffice  
 for thee to knowe doctor diet, as  
 for quiet, and mery man, they lie  
 in no phisicians handes, to geue,  
 but onlye in Goddes. For small  
 it helpeth to any man, to haue ho-  
 nour, riches, fame, conning, &c.  
 and in the meane time, to wante  
 quietnes, and mirth, whiche bee  
 the chief frendes. Tendrist thou  
 richer, holdest phisicians, most  
 plesaunt musiciens, & friendliest  
 companions, to nature, plesaunte  
 birdes singing in the braunches  
 be more happier then raueringe  
 Cormerantes, and greedy hau-  
 kes, whiche with paines incha-  
 seth their prais. The quiet labes  
 be euer happier in their kind, the  
 y greedy rauening foxes, wolues  
 and Lions, whiche neuer cease,  
 bering them selues, to kil liuing  
 I.iii. things

It were  
 better to  
 lacke ri-  
 ches, then  
 to wante  
 quietnesse  
 & mirth,

Many  
 apt similitu-  
 dines or  
 meta-  
 phors.

signis cō  
umfion  
except the  
cause be  
offatte  
meates.  
Stooles  
soft and  
hard.

Consumption of body than begin.  
The chieftest signe is that.

The priuey soft wel compact,  
Made in the accustomed time,  
Is euer good, and the hard is ill,  
And thus I ende my rime.

**C**hon.

O fce I fel into a great sicknes, and  
hether to I am skant recovered of  
it, the surffite was so great, but counsaill  
was geuen me, that I should not lay  
my selfe vpon the opinion of anye one  
Physicion, but rather vpon thre, then  
said I: to retain thre at once, requirreth  
great charge, for those men to whome  
liues be committed, ought liberall re-  
wardes to be geuen. Then saide my  
frend, thei are good gentlemen and no  
greate takers. What be they? names  
said I: he answered saying: The firste  
was called docto: diet, the second do-  
cto: quiet, the third docto: mery man. I  
did write their names, but yet I could  
not speake with them.

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Quiet.

Mery mā.

**C**humfrey.

Hether

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 thing that shall well suffice  
 for thee to knowe doctor diet, as  
 for quiet, and mery man, they lie  
 in no phisicians handes, to geue,  
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 it helpeth to any man, to haue ho-  
 nour, riches, fame, conning. &c.  
 and in the meane time, to want  
 quietnes, and mirth, whiche bee  
 the chief frendes. Tendrist thou  
 richers, holosomest phisicians, most  
 pleasaunt musicions, & friendliest  
 companions, to nature, pleasaunte  
 birdes singing in the braunches  
 be more happier then raueringe  
 Cormerantes, and greedy hau-  
 kes, whiche with paines incha-  
 seth their prais. The quiet labes  
 be euer happier in their kind, the  
 y greedy rauening foxes, wolues  
 and Lions, whiche neuer cease,  
 bering them selues, to kil liuing  
 I.iii. things

It were  
 better to  
 lacke ri-  
 ches, then  
 to want  
 quietnesse  
 & mirth,

Many  
 apt simile  
 tudes or  
 meta-  
 phors.



things for their fode. The poore  
 oyster, lurking vnder the rock, or  
 sand, which is neuer remoued of  
 strong ebs nor fluddes, is farder  
 fro trauel & continual pains, the  
 the horrible whale, most fearful  
 to fishes. The low shrubs, or br-  
 shes growing nere to the ground,  
 be euer in more sauegard the the  
 lusty high flourishing trees, spread  
 with pleasant bzaunches, which  
 be subiect to euery strong wind.  
 The poore bootes in harbor, be in  
 lesse peril the the fikle rich ships,  
 tossed vp & down on y cruel fluds  
 What shal I say: but this, that y  
 miserable ragged begger called  
 Irus, was more happier in his  
 pouertie with quietnes & mirth,  
 then was the glotonus beast, &  
 mosterous man king Sardanapal<sup>9</sup>  
 withal his golden glozy court of  
 ruffians

ruffians, & cutticens which cam  
 to an end most shameful. Diogenes  
 (I warrāt you) was not inferioꝝ  
 to Alexandar, in the state of Happi-  
 nes, & hath left as great a fame be-  
 hind him, sauing y<sup>e</sup> Alexander was  
 a moze cruel murderer thē Dioge-  
 nes a chaste liuer, In dede y<sup>e</sup> pooze  
 silly shepehard doth plesātli pipe  
 to his shepe, tohen mighty prin-  
 ces do sigh amōg their subiects,  
 & break many sleepes in golden  
 bedes, whā bakers in bags, & bru-  
 ers in bottels, do snort vpo hard  
 straw, fearing no sodain mishap.  
 The great paines & secrete gre-  
 ues that disquieted mindes do  
 daily susteine, be not muche un-  
 like vnto the infernal turments,  
 that the wicked doe feelee: Why-  
 sicke vnto an extreme troubled  
 mynde (saye what they lyst:)  
 helpeth as little, as to applye a  
 I.iiii. play-

The plea-  
 sure of  
 poze men

The tur-  
 ments of  
 the mynde.

playster to the breast, or heart of a dead body, to reuocate the spirites of lyfe or soull agayne. The sickenes of the body muste haue medicine, the passions of y<sup>e</sup> mind must haue good counsell. What pleasure hath a condemned man

Thought  
hath kil-  
led many.

in musicke, or a dead man in physicke? Nothing at al God knoweth. Oh how manye men haue ben cast away by thought, and mooste for losse of estimacion, and some of other affections of the mynde, as inordinate loue, or couetinge thinges that they can not gete, or optaining those things y<sup>e</sup> they can not kepe, or ire of other mē's prosperitie or good hape. As Tully sayeth. And Ouide (as fyue in Poetrie, as Apelles was in painting) describeth this vyle passion of Ire, with a pale face, leen body, scouling looke, gnashing teeth, venomous

Ire is a  
greuous  
passion  
Tul. in  
tuscū. li. 3.  
Ouid in  
lib. 2. me-  
tha.

The dis-  
cription  
of Ire.



beneymouse tounge, cholericke  
 stomacke, ingreatefull, seildome  
 smylling, but at mischief, vtward  
 appearing as it were quiet, in-  
 wardly the serpente gnaweth,  
 freteth & deuoureth. &c These mē  
 be diuels incarnat, begining hel  
 in this life, most enemies to them  
 selues, & if they behold thē selues  
 in a glasse in the time of there tem-  
 pestes, should not there counte-  
 naunces, be moze fereful to them  
 selues then there Ire, hurtfull to  
 others: yes and perhapes make  
 them staring mad, in seing suche  
 a diuels image, therfore let wise  
 men be of this mind: First y they  
 wold haue no mā to be Ireful a-  
 gainst thē, or disdain thē, euē so let  
 thē do to others. Secōdly let thē  
 think, it is better to be spited, thē  
 pittyed, for euerye prosperous  
 felycitie, hathē hys enemye  
 wating

Deuils  
incarnate

if good  
face in a  
glasse.

Better to  
be spited  
then pitt-  
in some  
casse.

waiting vpon him. The fole hateth the wise. The wise man pitieth the fole: the wretched enuieth y<sup>e</sup> woorthy man, and so forth: only except aduersite, & extreme misery, al prosperous men haue enemies. Let this suffice, & consider what Galen saith, y<sup>e</sup> immoderate Ireful motions cast the body into a cholerick heat, wherof come feuers, and al hot diseases dangerous to y<sup>e</sup> bodye. Of this writeth

Galen. de  
regi sani.  
libr. 1,

In comē.  
32. septi.  
problem.

Hali. in. 5.  
theo. ca.  
ultimo.

Ga. i. qui.  
de acc. &  
morbo. c.  
6. Ari. 10.  
proble.

Petrus de ebano. The passion of the mind called dread or fear, is whā the blood & sprites be drawn inwardly, and maketh thoutward partes pale & trumbling. to this (by sids pitiful experiēcs) Haliabas Galen and Aristotle do witnesse the same. The sodain passiō of ioy, or gladnes, is clene cōtrary to fear. For the hart sendeth fourthe the spiritual blood, which in weak persons

persons, the hart can neuer reco-  
uer again but death incontinent,  
as Galen saith, and as we may se  
by experience: as in the meting of  
men and their wiues, children &  
their parēts, which ether by pri-  
son, or banishment, were without  
al hope, euer to se eche other, & in  
ioy of meeting, the dilatinge, and  
spreding of the hart bloud hath  
cast the body into swooning. And  
thus my frende Ihon I do con-  
clude vpon certain affectiōs of the  
minde, wisshing doctoꝝ diet, quiet  
and meri man to helpe thee, whā  
thou shalt nede. For mirth is be-  
loued of musiciens, plesāt birds  
& fishes as the Dolphin. What  
is mirth honestly vled: an image  
of heauen. A greate Lordship to  
a poore mā, & preseruer of nature,  
and Salomon saythe. Non est oblecta-  
tio super cordis gaudium. &c.

Hudson

Eccl. c. 30.

And yet I say.

The



**T**he freful man is euer a thral,  
 The ioyful minde is happiest of al  
 Zele burne like flames of fire,  
 Whan honest mirth, hath his desire.  
 Loue wel mirth but wzath dispise:  
 This is the counsel of all the wise.

**Chon.**

**H**umfrey I thank thee for thi great  
 pains, surel I purpose to folow thi  
 counsel, but if thou woldest shew me  
 the operation of certain simples, I will  
 if it lie in my power recōpēce thy pains  
 and first what is Wormwood.

**Humfrey.**

**A** Blinthium is a common herb  
 it is of diuers kindes, as  
 Ponticum Romanum. &c. It is hot  
 in the first, and dry in the second  
 degre, and it is verpe bitter, and  
 being dried, kepeth clothes from  
 worms and moths, and the sirup  
 thereof, eaten befoze wyne, pre-  
 serueth men from dronkenesse,  
 if it be sodden in vineger it will  
 helpe

The ver-  
 tues of  
 Worme-  
 wode.

help the sores that bredes in the  
 eares, being laid warm vpon, it is  
 to be dronk againste Apoplexia, &  
 Ofthalmia, which is a sicknes of y  
 eye, is greatli helped with worm  
 wood, if it be stamped and made  
 luke warm with rosewater, and  
 laied vppon the eye, and couered  
 with a cleane piked walnut shel, y  
 sirup helpeth the bloudy fluxe, it **Bloudye**  
 doth help a cold stomack, if it be **fluxe.**  
 dronk ten daies together, euery  
 morning two sponesful of y sirup,  
 is good against the dropsie, eue- **Dropsie.**  
 ry daye dronke, two ounces fas-  
 tinge, and thus saithe Auicen, **Auic. li. 2.**  
 figges, cokle, wormwood, nitur, **Sim. 2.**  
 stamped together, and made in a  
 plaister, is good against the di-  
 ease of the splen, and also killeth  
 wormes in the bellye, vled in the  
 foresayde manner, one dram of  
 the powder maye be dronke at  
 once

once in wine, it hath many moode  
goodlie vertues.

**Jhon.**

What be y<sup>e</sup> properties of Anes seedes

**Hunfrey.**

It is much like vnto fenel seede,  
and is called Roman fenell, that  
is warme and sweete, and hot in  
the seconde, and drie in the thirde  
degre, the newe seede is y<sup>e</sup> best.  
It ingendereth vitall seede, openeth  
the stopping of the raynes  
and matrix, being dronke wyth  
Tysantes, or clene temperate  
wine.

Gal. de  
lum.

**Jhon.**

What thinkest thou of mouse eare?

**Hunfrey.**

A herbe comenly knowen,  
colde and moiste in the firste  
degre, as Gallen sayeth, a decoction  
of this herbe sodden in water  
with suger, is good agaynst  
the



the falling sickenes, being often **A** remedi  
times drunk, & put a lefe therof <sup>for the</sup>  
into the nose it wil prouoke ster- <sup>fallinge</sup>  
nutation or nesing, which won- <sup>sychnesse</sup>  
derfullie doth clense the veines.

**Ihon.**

**I** would sayne know what is Chl-  
ken wede?

**Humfrey.**

**A** moſte euery ignozant wo-  
man doth know this herbe,  
but there be of it diuers kindes,  
they be very good to kepe woun-  
des from impostumations, stam-  
ped, and applied vnto them, and  
draweth corruption out of wou-  
des, and sodden wyth vineger <sup>To draw</sup>  
doth draw fleum out of the head, <sup>fleum out</sup>  
if it be often warme put into the <sup>of y head.</sup>  
mouth and spit it out agayne.  
In this same maner it helpeth <sup>Tooth ake</sup>  
the teth, and sodden in wine and  
drunk, it will clense the reynes  
of

of the backe.

**Chon.**

What is Sozrel, might I know of thee, the propertie therof:

**Humfrey.**

The pro-  
perties of  
Sozrel.

Bellom  
iaundies.

Sozrel  
leaves  
good a-  
gainst p  
pestilence.

**T**hy Cooke dothe righte well knowe it, and all they that make grene sauce, but y<sup>e</sup> description I leue to Dioscorides, and Leonard fuchsus, not onlye in thys herbe, but in al other, and to tell thee, the vertue I wyll, it is colde and drye in the seconde degree, it also stoppeth: it is like eu diue in propertie, because it ouer comineth cholier, and is muche commended, it helpeth the yelow iaundies, if it be drōk with small wine or ale, and also quencheth burning feuers: to eate of the leues euery morning, in a pestilēce time is moste holosome, if they be eaten fasting. This herbe dothe

Dios.

Dioscorides. Galen, and Auicen, greatly commende, besides the greate learned men of this time.

**¶** Thon.

What is Planten, or Maibrede?

**¶** Humfrey.

The greater Planten is the better, it hath seven great vaines, it is cold & dry, the sedes drōk with red wine, or the rotes, sodden therin stoppeth the bloody flire: likewise the rootes and leues being soddē with fair water, or with bozage water & Sugar, & geuen to him that hath an ague, either tertian or quartain, two hours afore his fit helpeth, proue this, for thus haue I helped many. It is very cōfortable for childzen that haue great flir- es & Agues & is a friend vnto y<sup>e</sup> liuer, this herb is greatli praised of the learned wziters.

The Pro-  
perties of  
plantaine,

To helpe  
the Ague,

R. i.

Thon



Thon.

What is Camomill, and the operation therof?

Hunfrey.

It helpe  
for deade  
children.

This herbe is very hotte, it is drunk against cold windes, and rawe matter beinge in the guttes. The Egyptians did suppose it woulde helpe all colde Agues, and did consecrate it to the sunne, as Galen saith: Also if it be tempered and streined into white wine, and druncke of women, hauing y<sup>e</sup> childe dead within the body, it will cause present deliuerance, it dothe mightly cleanse the bladder, and is excellent to be sodde in water to wash the feete: the oyle is precious as is declared hereafter.

Thon.

Hoppes be well beloued of the brewers, what doe the Physicians say of them?

Humfrey.

**T**here be whiche doth coole, be called Lupilum, those that we haue be hote and drie, bitter, sower, hote, saith old herbals. And Fuchsius saith: they clense fleum & choller, and y water betwene the skin and flesh. The sirupes will clense grosse raw fleume from y guttes, and is good against obstructyons. If the iuice bee dropped in the eare, it taketh the stinke away of rotten sores, the rootes will helpe the lyuer and splene, being sodden and dronk: the beer is veri good for flegmaticke men.

It helpe  
for rottē  
sores.

**C**hon.

What is Sage, for that I loue wel?

Humfrey.

**T**here be two kindes of sage: they be herbs of health, and therfore they be called Saluia, this  
k.ii. herbe

The wonderfull  
giftes ge-  
uen to  
Sage,

**Palfie.**

**An. in. 3. 1.  
cap. sing.**

**Sage  
good for  
old people**

herb is hot & dry, and prouoketh  
vrine, clenseth y<sup>e</sup> matrix, stoppeth  
the bloud in a wound. If it be put  
in a pigge, it drieth the humors,  
that would engēder fleume, it is  
good against the palsy: oftentimes  
eaten, or sodden in wine, it  
wyl help and clense itch, scabs,  
and fylth from the pudent and  
secret mēbers. Aetius doth greatly  
commend this hearbe, and  
the excellent regumēte of Salern,  
where it sayeth *Cur moritur homo,  
cui saluia crescit in horto*, enquiring  
why men do die that haue Sage  
growyng in gardens. But trulye,  
neither Physicke, herbe, nor  
cunning, can make man immortall:  
but assuredlye Sage is hol-  
some for olde folkes, to be put in  
to their meates, for it clenseth  
fleame from the senewes, which  
fleame will relaxe the sinewes  
The



The wine of Sage dronke vpo  
an empty stomake, is wholsome  
foz Regmatike persones, oz them  
which haue the falling sicknesse  
oz dropsie.

**Thon.**

What is Polopodie, that groweth  
vpon the Oke tree?

**Humfrey.**

If this herbe bee sooden wyth  
Beetes and Malowes, in the  
broth of a henne, and droncke, it  
will loose the bellie, and cleuse  
fleume, the roote of thys herbe  
being drie, and beaten into fine  
pouder, & drawen into the nose-  
thrilles, helpeth a disease called  
Polipus.

Of Polos  
podie.

**Thon.**

I haue heard talke of Hoozhoande, &  
would fain heare of his working.

**Humfrey.**

k.iii.

It

What be  
seases ho:  
hounde  
helpeth.

**I**t is an herbe hote and drie, if  
it be sodden with fayre water,  
suger oz hony, and strayne it, this  
drincke doth clense the stomack  
from stinking fleum, it is an ex-  
celent herbe for women, to clense  
their moneth tearmes, the water  
of this, is good to healpe them  
which haue a moist rheume fal-  
lynge from the head, vppon the  
lūgs, being oftē dronk: but it is  
hurtfull to the blader and rayns  
the sirupe thereof doeth clense  
the kynges euill: and also put  
into the eares, doeth greatelye  
comfort the hearing, if the eares  
bee troubled: and stamped wyth  
honye, and applied into the eyes,  
it clenseth the sighte.

More  
hounde  
helpeth  
the eares.

**I**hon.

What is Werben?

**H**umfrey.

**I**

It is called the holy herbe, it  
 bindeth and byndeth, if it be sod-  
 den with veniger, it helpeth a  
 disease called saynt Anthonies  
 fyre, often times washyng the  
 pained place, the leaues of Wer-  
 ben and Rosis, and fresh swines  
 grease stamped to gether, wyl  
 cease payne and grieve in eurye  
 wounde, and wyl keepe woun-  
 des from corruption: it is good  
 for people, that haue the tercian,  
 or quartaines Agues. And thus  
 sayeth Dioscorides: moze ouer, he  
 sayeth, the weyght of a Dram of  
 this herbe, wyth thzee halfe pe-  
 nyes weyghte of Olibanum, and  
 put in nine ounces of olde wine,  
 tempered together, and drounke  
 fourtie dayes of this quantitie  
 fastinge, it wyl helpe adisease,  
 called the kynges euell, or payne  
 in the throte.

Of Wer-  
 ben and  
 his pro-  
 perties.

To keepe  
 woundes  
 from cor-  
 ruption.

Dioscori-  
 des.

To helpe  
 the kynges  
 euell.



**Ihon.**

**What is Kewe oz herbe Grace.**

**Hunfrey.**

**I** Tell thee, this herbe is verye  
hot and bitter, and doth burne be  
cause of his hotnes in the thirde  
Degre: if a litle of this rewe be stā-  
ped, & soden with wine, & dronk,  
it is an excellēt medicin, against  
poison and pestilēce, with Roses  
and vineger, and rewe stāped to-  
gether, & put in a forhed cloth oz  
biggen, applied vnto the tēples  
of the head oz foreheade, do seace  
greuous pains in y head. And in  
like maner it healeth y bitingēs  
of serpentēs oz dogges, stamped  
with vineger: manye nice people  
cannot abide it, cryinge fie, it  
stinkes: The seede of this herbe  
beatē in pouder, and put in fresh  
clarified butter, and pitch melted  
together, is good for thē to drinke  
that

**Is good  
againste  
poyson.**

**Bitinges  
of dogges  
and ser-  
pents.**

**For them  
that are  
bruised.**

that are bzused.

**I**hon.

What is Burnet?

**H**umfrey.

**I**t is of the nature of fīue finger, drie and bindinge, and not moist, as many say: stamp it and put it to the eies, doth take away the dropping and pricking, and doth heale woundes, and is good to drinke for the terciā Algue.

The Properties of Burnet.

**I**hon.

What is Dandillon?

**H**umfrey.

**I**t is temperat, colde and drye: with Roses and vineger, tempered together, it helpeth y head in hoat diseases. The sowthistle called Soncus, hath the same vertue, and so hath Cicorpe: if they be sodden, they lose the belly, and quencheth heat whiche burneth in the stomak, and defendeth the heade

The vertue of Dandelion

Burning  
Agues.

head frō hote smoking vapours,  
and purgeth yelowie choller, and  
rebateth venereous and fleshlye  
heate, and is good to be sodden  
and droncke in hotte burnynge  
Agues, though this herbe com-  
monly knowen, and compted of  
many as a vile weede, yet it is  
reported of Dioscorides, to be an ex-  
cellent herbe.

Jhon.

What is Spinnage?

Humfrey.

A herbe much vsed in meat,  
colde and moiste, in the firste  
degree, it mollifieth and maketh  
soft the belly, it is good for them  
that be hotte and drye, and yll for  
flegmatike men.

Jhon.

What be Cucumbers?

Humfrey.

They



They be (truely) in the second  
 degree, very moist and cold:  
 The seedes be good to be geuen  
 in hotte sickneses: the powder of  
 the saide seedes, dronke in cleue  
 wine, is good againste diuers  
 passions of the harte: thys frute  
 wil cause one to make water wel  
 The rote dried in powder therof  
 droncken in water and honye, To pro-  
 prouoketh vomite: if they be mo- uoke vo-  
 derately eaten, they bringe good mice.  
 bloude, tempered wyth honye,  
 and annointe the eyes, that hel-  
 peth a disease called Epinictidas, Epinictio  
 which troubleth mē with strāge das.  
 sightes in the nightes: the best of  
 this frute is, whiche beareth the  
 best seedes, the sauoure of them  
 is not holsum. Mellons, citrons,  
 pampans, and this kinde of pe-  
 pons oz greate apples be muche  
 bled in Englād, and is more cō-  
mon

mon, then profitable, because they vse to eat the rabe. English men beinge bozne in a temperat region, enclining to cold, maye not without hurte eat rabe herbs rootes and frutes plentifull, as many men, which be bozne farre in the south partes of the world, which be most hote of stomacke, therfoze eat these frutes boyled oz baken with hony, peper, and fenell sedes oz such lyke, there be an other hote kinde of bitter cucumbers, which doo purge.

Jhon.

**V** What is Garlike? some call it the poze mens triacle, but what say you

Humfrey.

The properties of  
Garlicke  
& his operation.

**G** Arlike is very hote and drie in y fourth degre: it troubles the stomacke, it is hurtfull to the eyes and head, it increfeth dryenes, but it wil prouoke vaine and

is good to be layd vppon the bytting of a snak, or edder, it is good for the emeroides applied to the soze place, being first stamped, if it be sodden, the stinke is taken from it, but the vertue remaineth to be eaten against the coughes, and paynes in the lungen, it cutteth & consumeth corrupt fleum, & bringeth slepe. It is not good for hote men and women wyth childe, or surces, geuing mylke to cildzen: but (as thou sayest) Galen calleth it the comen peoples triacle. If sanguin men do eate much of it, it will make them to haue reade faces, but it is a speciall remedy against poyson.

John.

What be Onions?

Humfrey.

They do make thin the bloude and bring slepe, they be not good

Good for  
sleepe.

Of onions  
and their  
properres



good for collicke men, the long  
 onion is more vehementer then  
 the rounde, and the read more  
 then the white, the dxi more then  
 the grene, and the raw more then  
 the sodden, or preserved in salte  
 although they cause sleepe, verie  
 paynefull and troublous, hot in  
 the thirde degre, but they warme  
 and cleance the stomacke, bringe  
 good couler to the face, and helpe  
 the grene sicknes, prouoke brine  
 openeth the emeroides, if they be  
 sodden in vineger, and layde  
 warme to the. Peele of the rinde  
 and cutte it at both the endes, &  
 cast it into fayre warme water,  
 and let it lie an houre or two and  
 then slice it, this takes away the  
 vehement sharpnes of it. Rewe,  
 salte, hony, & one onion stamped  
 together, is a goodly playster to  
 lay upon y biting of a dog: lekes  
 purge

A plaister  
 for biting  
 of a dog.

purge the blud in March & paineth the hed, & be not greatli praised, for their il iuice, saith Dioscorides, the hed beinge annointed w<sup>th</sup> the iuice therof, kepeth heare frō falling: there is much variety of this onion amōgst w<sup>riters</sup> saith Plini, but this shal suffice.

To kepe  
beere frō  
falling.

### Chon.

What is Lettise.

### Humfrey.

It doothe mightylie encrease milke in womens breasts, and therfore is called lettise, as Martiall sayth.

The properties of  
Lettise.

First shalbe geuē to the vertue & powver  
Tencrese milk in the breasts, euery hour.  
Lettis is an herb cold and moist  
and is comfortable for a hotte  
stomake, bringeth sleepe, molli-  
fieth the belly: the drier it be eatē  
the better it is, I meane if it be  
not much washed in water, ad-  
ding

To abate  
carnall  
lust.

An increa  
ser of  
seede.

ding clean sallet Oile, Sugar, & vinneger to it, it abateh carnall lust: and muche vse of it, dulleth the sight, the seede is pzeious against hot diseases dzonke with tisantes: There is an herbe called Rocked gentle, that partlye smelleth like a fore, whiche is veri hot, an increaser of seede, this herbe must alwaies be eatē with Lettis. The roote therof sodden in water, wil draw brokē bones, and wil helpe the cough in yong childzen.

Jhon.

What be mintes.

Humfrey.

The Prop  
erties of  
Mintes.

Mintes be of two kindes, garden and wilde Mintes, they be hot vnto the thirde: and dothe drie in the second degre. Garden Mintes is best: y powder of this with the iuice of Pomgarnites,  
stop



stoppeth vomits, helpeth sighing Stoppage  
of vomits  
cleaseth hotte choller . Three

braunches of this sodden wyth  
wine, doth help replecion dronke  
fasting. This iuce tēpered with  
good triacle, and eaten of childre  
a mozninges, will kill wormes, To kill  
wormes.  
and stamped with salt, applie it

to y biting of a dogge , it wil heal  
it: It is holosome sode with windy  
meates, and sodden in posset ale  
with fenill , it helpeth collicke , it To helpe  
the collicke  
encreaseth vitall sede . It is not

best for collerick cōplexions, but  
good for flegmatike, and indiffe-  
rent for melancoly : and it wyll  
stop bloud, stamped and applied  
to the place. The iuce of Mintes To stoppe  
bloude,  
is best to mingle in medicine a-

gainst poison: the pouder of min-  
tes is good in pottag, to help dis- To make  
sweet breth  
gestion , & to make sweet bzeath.

Thon.

L. i. What

What is Fenell:

**H**umfrey.

The properties of  
Fennell.

To break  
the Ston

**I**t hath power to warme in the third degre, and drie, & maketh swete the breath: the seede eaten, often times vpon an empty stomacke, doth helpe the eie sight: & rots clen washed, be very holssom in potage, and is good in tisants: the greene or red tuftes, growing vpon y stalks, sodde in wine, potage, or ale, helpeth the bladder, rains, & breaketh the stone, increaseth milk in womens breasts & sede of generation. It is good to vse Endiue or such like w it, because it is very hote: And it is good in barbars Bathes, & washing water w Balm, Saueri: It is good to wash ones feete to bedward, & sirupe is veri holsoe, it helpeth a flegmatik stomack.

Thon.

What is Hysope:

Hum

## Humfrey.

A herbe commonly known  
growing in gardens, & hote  
in the third degree: it hath vertues  
to make humours thinne and  
warne: sodden with figges, rebo  
and hony, in cleane water and  
dröke: it greatly helpeth the sick-  
nes in the lunges, old cough and  
rotten humours, dripping vpon  
the lunges, sodden with erius &  
graines of paradys called y Car-  
damon, it mightely purgeth and  
bringeth good couller. Figges,  
salt, Nitrum, and Isope, stamped  
together, & applied to y Splene,  
helpeth it much, & taketh a way  
the water that runneth betwene  
the skinne and the fleshe, sodden  
with Oximel, it clenseth fleume.

The ope-  
ration of  
Iisope.

To helpe  
rotten  
humours

To helpe  
y Splene.

## Ihon.

What is Sention or ground swell?

## Humfrey.

L.ii. It



Hot chol-  
ler in the  
stomack.

To helpe  
the eyes.

**I**t is of a mixt tempzament, it  
coleteth and partly clēseth if it be  
chopped and soddē in water, and  
drinke it with your potage, it wil  
heale the grief of the stomacke, &  
pouge it from hotte choller: hys  
down with saffron and cold wa-  
ter, stamped and put in the eies,  
it wil dzye the running drops, &  
stamped plaister wise, it helpeth  
many greuous woundes.

**Chon.**

What is Purslein?

**Humfrey.**

A plaister  
to coole y  
burninge  
heat.

To stop  
the flux.

**C**old in the third, and moist in  
the second, if it be stāped with  
steped barley, it maketh a goodly  
plaister to cole the hed, eies, & li-  
uer, in agues burning heat. To  
eat of it, stoppeth fluxes, & quen-  
cheth burning choller, and extin-  
guish venerus lust, & greatly hel-  
peth the raines & bladder, & will  
kil

kill round wormes in the belly, & comfort the matrice against much fleume: And the iuice is good to drink in hot Feuers, it maye be preserved with salte, & then it is verye good with rosted meates. Plini saith: it is supposed to make the sight blunte and weake, further he saith: that in Spaine a great noble man, whome he did know, did hãg this Purslen rote in a thred commonly aboute his neck, whiche was troubled, of a long sicknesse and was healed.

Purslen  
good a-  
gainst fe-  
uers.

**Thon.**

What is Mugwort:

**Humfrey.**

Mugwort and Fetherfoe, and Tansey, be verye hotte and dry in the second degree: Mugwort, spurge and oyle of Almond, tempered plaister wise, and applied cold to sick pained sto-

A plaister  
for a pai-  
ned sto-  
make.

**L.iii.**

make,

**Braking  
the stone.**

**Killinge  
wormes  
in childe.**

**Al present  
helpe for  
the deli-  
uerp of a  
dead  
childe.**

make, wil bring helth. It is good  
in bathes saith Galen: it is holse  
for women, it clefeth & warmeth  
& conforteth, & breaketh the stone.  
Plini sayeth: it is good against  
serpentes, and holse for traue-  
ling men, if they carpe it, it confort-  
teth them from werines. Tausy  
doth mightly cast wormes from  
childe, drōk w wine: a cold pla-  
ster staped & laid vpo the belli of  
a womā whose child is dead w  
her, it wil seperate the dead child  
from the liuing mother, causing  
her to miese with Betouy leues.

**Thon.**

There is an herb commonly vset to  
the greate relief of many called ca-  
bage, is it so good as it is reported of?

**Humfrey.**

**The ope-  
ration of  
Cabbage.**

Cabbage is of two properties,  
of binding the belly, and ma-  
king laxative: the iuice of Caba-  
ges



ges lightly boyled in freshe biefe  
broth, is laxatiue, but y<sup>e</sup> substāce  
of this herb is hard of digestion,  
but if it be twice sodde, y<sup>e</sup> broth of  
it wil also binde the belly, if it be  
tēpzed with Allum. This herbe  
hath vertue to clēse a new red le-  
prosie, laid vpon the soze place in  
the maner of a plaster. But to cō-  
clude of this herb, the broth of it  
hath vertue to p̄serue frō d̄zon-  
kēnes, as Aristotle, Rasis, & Auicen,  
doth report, eatē before d̄rinking  
time.

**Ihon.**

What is philopendula?

**¶ Humfrey.**

It is an herbe hot and dry, if it  
be sodden in white wyne and  
d̄zonke, it d̄zieth vp windi places  
in the guts, & clenseth the reins  
in the back and bladder.

**Ihon.**

What is Agremonic?

**L. iiii.**

**Hum:**

To binde  
the belly.

Aristo. 3.  
perprob.  
Auice. 2.  
can.  
Rasis. 3.  
alman.

Of philo-  
pendula.

Hunfrey.

The operation of  
Agremorie.

**D**ioscorides sayeth : that yf this herbe with swines greace be stamped together, & laid vpon an old rotten soze being hote, it hath vertue to heal it : the sede of this herbe dronk with wine, is good against the biting of Serpentes, stopping of the liuer & bloudi flux  
Then.

**S**ome men saye that the herbe Dragon is of great vertue:

Hunfrey.

The vertue of Dragon.

**T**he ince of it sayeth Dioscorides: driped into the eie, doth close it, and geueth much might vnto the eyes of them whiche haue darke sightes, the water of this herbe hath vertue againste the pestilence. If it be dronk bloude warme, with beneis triacle, the sauoz of this herbe is hurtfull to a woman newly conceyued with childe

The sauoz of Dragon  
euill for  
women  
w childe.

childe. Plenn saith, that whoso beareth this herbe vppon them, no venomouse Serpent wil do them harme. This herbe is hote & drie

**Thon.**

There is a verve swete flower, called a Violet, is it so profitable, as it is plasaunt?

**Humfrey.**

Simcon Sethi reporteth, that it doth helpe against hote inflammations of the guttes, head and stomacke, if the cause be of burning choller. Either the water sirrupe, or conserue of the sayde Violets, either eaten or dronke, in the tyme of any hote passion. But vndoubtedly, it offendeth the harte, because of the coldnes, the sauour of the flowers be plasaunte, the oyle that is made of this herbe, haue vertue to bringe quiet slepes to them which haue greuous

The vertue of Violets.

To cause slepe.



greuous hot paine in the hed.

**Ihon.**

**V**hat is the vertue of the pleasant  
white Lilly?

**Humfrey.**

**O**f white  
lilie & of  
his opera  
tion.

**A** plaster  
to breake  
the Pestilence  
soze

**D**ioscorides sayeth, that thoele of  
Lillies doth mollify the sin-  
newes and the mouth of the ma-  
trix, the iuse of Lillies, vineger  
& hony, soddē in a brasen vessell,  
doth make an ointment to heale  
both new & old woundes. If the  
rote be rosted and stamped wyth  
Roses, it maketh a healing plai-  
ster against burninge of fier: the  
same rote rosted, hath vertue to  
bzeake a Pestilence soze, applied  
hot vnto the soze place, and is dy-  
in the first degre. Thoele of wa-  
ter Lillies be moiste, sufferent a-  
gainst al hot diseases, to annoint  
the ardente places, and doth re-  
conciē quiet slepe, if the forehed  
be

be anointed therewith.

**Thon.**

**I**n the time of the pestilence, my wife  
maketh me a medicine, of an herbe  
called Centaury, doth she well or not?

**Hunfrey.**

**P**lini saith: that the Sirupe of **The ver-**  
this herbe dronke with a litle **tue of Ce-**  
vineger and salte, doth clense the **taury.**  
bodye: The leaues and flowers,  
be of great vertue, to be sodden &  
dronke against al rawe humors  
of grosse fleume, watry or windy:  
it dothe clense, cruent, or bloudy  
matter within the bodies of mē  
or women. The pouder of thys  
herb is good in pissaries, for wo-  
men, causing the deade childe to **Dead childe**  
departe from the mother, and is  
holosome againste the pestilence,  
in the time of winter, and is hot  
dud drye.

**Thon.**

**We**

We beautifie and make pleasaunte  
our wyndowes with Rosemary,  
vsyng it for small other purposes.

Hunfrey.

Of Rose-  
mary.

**R**osemary is an herb of gret  
vertue, hotte and drie, sodde  
in wyne, and drōke befoze meat,  
it doth heale the kinges euill, or  
paynes in the throte, as Dioscori-  
des and Galen sayth: the sauour of  
it doth comforte the brayne and  
harte: yflowers of Rosemary is  
an excellēt cordinal called Anthos,  
& be good after feuers, or for me-  
lancholie men. Thon.

**I**s pullal royal, an herbe of anye va-  
lewe, or a weede of contemption?

Hunfrey.

The ope-  
ration of  
Pullall  
royall.

**I**t is an herbe of muche vertue  
and profite, hot and drie in the  
thirde degre. Diascorides sayth he, if  
this herbe be sodden with hon-  
nye and Aloes and droncke, it  
will



will cleanse the liuer, and purge the bloud: most chiefly it helpeth the lunges. Simeon Sethi saith, if womē drinke it with white wine. It wil prouoke and cleanse the termes mensstual, and is a very hollesome pot herbe.

**Thon.**

What saist thou vnto Mustard?

**Humfrey.**

Plinius dothe greatlye laude it, The open-  
ing of  
saying, that there is nothing, ratyon of  
that dothe pearsle more swiftlier Mustard  
into the braine then it doth. Ho-  
ny, vineger, and mustarde, tēpe-  
red together is an excellent gar-  
garisma to purg the hed, teeth, &  
throte. Mustard is good, against  
al the diseases of the stomack or  
lungs, wind, fleum, and rawnes  
of the guts, and conduceth meat  
into the bodye: prouoketh vrine,  
helpeth the palsy, wasteth y quar Palsy  
tain,

Fallinge  
sicknesses.

tain, drieth vp moist ruines: applied plaster wise vnto the head. Hony & mustard helpeth y cough and is good for them that haue the falling sicknes, notwithstanding the comon vse of mustard is an enemy to the eie. Many more vertues haue I red of mustard, but thoccasion of time hathē unhappily pzeuented, not onlye my large discription in this: but also in many other simples.

¶ **Thon.**

Thet sai that Buglos is veri holson:

¶ **Humfrey.**

The Vertues  
of  
Buglos.

¶ It is an herbe moste temperate betwene hotte and colde, of an excellent vertue, a comforter of y hart, a purger of Melancoly, a quieter of the frensie, a purger of the vrine, holson to be drōke in wine, but mooste effectuell in sirupe. Dioscorides and Galen, dothe greatly

gretly cōmend this herbe, & that  
doth dayly experience well proue

**Ihon.**

What is thy mynde of sweete Basille  
Hunfrey.

**T**his herbe is warme in the se-  
conde degre, hauing the ver-  
tue of moistnes, and if it be sodde  
in wine with Spicknarde, & dronke,  
it is good agaynst droplyes,  
windes, fleume, coldeneste of the  
hart, hardnesse of the stomacke.

The ver-  
tues of  
Basill.

The sauoure of Basil, doth com-  
forte the brayne, and hart, the vse  
of this herbe in meates, doth de-  
cay the sight.

Comforts  
of the  
brayne  
& harte.

**Ihon.**

The plaine people of the country will  
say, that those flowers which be plea-  
saunt in smellinge, be often times un-  
holsome in workinge, the rose is plea-  
saunte in sence, what is it in vertue?

**Hunfrey.**

**It**



The Vertue of  
Roses.

To cause  
slepe.

To helpe  
a mad mā  
into quiet  
nesse.

**I**t hath an odour most plesāt & hath the vertue to cole and binde. The water is good to make Manus christe, & many other goodlye cordials, Roses & vineger applied vnto y<sup>e</sup> forehed, do bring slepe: conserue of Roses, haue vertue to quench burning choller, & to stay the rage of a hot feuer, oyle of Roses, vineger, & the white of an egge, beatē together, doth not onlye quenche sacra ignis, but also bring a mad man into quietnes, if his forehead be well annointed therwith, after the recept of pills of chochi, in y<sup>e</sup> time of y<sup>e</sup> pestilēce, there is nothing moze cōfortable then the sauoz of Roses.

**I**hon.

What saist thou of Sauery?

**H**umfrey.

**I**t is hote and dzy in the thirde degree, if the greene hearb be sodden

sodden in water or white wine  
and dronke, these be his vertues  
to make liuer soft: to cleanse drop-  
sies, cold choughes, cleanseth wo-  
menes diseases, and seperateth  
the dead childe from the mother,  
as Dioscorides and Galen, sayeth, as  
so Germaunder is not much unlike  
the vertue of this herbe.

The ver-  
tue of Sa-  
uerp.

Dead  
childe.

### Thon.

Humfrey but for troubling of the  
would be glad to know thy mind  
of time, and so of a few of other herbes:

### Humfrey.

It is behemente of heate wyth  
dysnesse in the thirde degree.  
Dioscorides sayeth, if it be dronke  
with vineger and salte, it pour-  
geth fleum, sodden wyth hony  
or meide, it hath vertue to cleanse  
the lunges, breaſte, matrix,  
raynes and bladder, and killeth  
wormes.

The ver-  
tue of  
tyme.

M.i.

Thon

**I**hon.

**W**hat saist thou of Wardye and  
Saristrage?

**H**unfrey.

**B**reaking  
the stone.

**T**hey haue vertue to breake  
the stone, Wardye is hotte in  
the seconde degree, and drye in  
the middelt of y third. The sede  
dronke with white wine, prouo-  
keth the menstruall termes, as  
Dioscorides saith: also smalledge  
hath the like vertue.

**I**hon.

**W**hat is thy iudgemente of Liuer  
wozte?

**H**unfrey.

**T**he ver-  
tue of Li-  
uerwozte.

**I**t hath vertue to clense & cole.  
Dioscorides saith, it doth heal the  
wounds of the liuer, and quen-  
cheth the extreme heat therof, tem-  
pered with hony and eaten, doth  
help a disease called regius morbus,  
& paines of the throte & lunges.

**I**hon



Thon.

What is Betonye?

Humfrey.

They be of diuers kindes Leonardus fuchsius doothe call the sweete Gilliuers by the names of Bettonye, but the one semeth to talcke of that, whiche is commonly known of the people, called the land Bettoni, which hath the vertue to kil wormes within the bellye, and helpeth the quartain, cleuseth the matrice, & hath the vertue to heale the bodi within, if it be bzused. It is of greate effect, if it be sodden with wormwoodde in white wine, to purge fleum, is hot in the first degre, & dry in the second.

The vertue of  
Betony.

To kyll  
wormes.

Thon.

Haue harde small commendatjons of Beetes.

Humfrey.

M. ii.

They

The Vertue of  
Sethes.

Purginge  
the heade.

They be of two kindes, and be both praise worthy, Simon Sethi, writeth that they be hot and dry in the third degree, the white Beete is y best, they haue vertue to clense, as niter hath but hath euil iuse, the iuse of this herb with hony applied into the nose, do purge the heade, it is an holsome herbe in pottage, if it be wel sodden, or elsse it is noysome to the stomack. If it be parboild & eaten with vinegar, it is good against the stopping of the liuer. Notwithstanding the iuse of this herbe, do stoppe the belly, being simply taken.

Jhon.

What is Maldenbeare?

Hunfrey.

The Vertue of  
maldenbeare.

It is an hearbe betwene hotte and dry, if it be sodden in wine, it breaketh the stone, it cleanseth the

the Matrice, byngeth downe  
the secondes, as Dioscorides and  
Galen saith, the best dothe growe  
vpon hard rockes.

Jhon.

What is Mellilot?

Hunfrey.

I hath vertue to ripe, & is more The Ver-  
hotter then colde, Mellilot, flex tue of mel-  
sede, Rose leaues, Cāpher & wo- llot.  
mā's milk tēpered together, doth  
make a goodly medicine against  
the hot inflamatiō of the eyes. If  
this herb be dronke with wine, it  
doth molify the hardnesse of the  
stomack & liuer, the most excellēt  
plaister against the pains of the To help &  
splen, doth Mesue describe, which splene.  
is made of Mellilot.

Jhon.

Be pease and Beanes, anye thyng  
beneficial to nature?

Hunfrey.

M.iii.

Beans



The operation  
of  
pease and  
Beanes.

2116  
1577

A comfort  
table po-  
tage.

**B**Eanes be more groser & fuller of winde then pease be, & maketh euell matter, except they be wel sodden and buttered, and so eaten, with the whitest & sweetest Onions that maye be gottē. Because they be hard of digestion: howe be it, they do make fat, & partly clense, yet they are not to be compared with tender white peason wel sodden and buttred or els made in pottage with gardeine mintes and grose pepper, which hath the vertue to clense the reins of the backe and bladder. Lintels be of the same vertue. Barly beinge cleane hulled and sodden with milk, cleane water & suger, maketh a very comfortable and holsome pottage, for hot cholericke persons or yong people. And of this is muche vsed in the North partes of Englande, and

and is called bigg kele.

Thon.

What be the vertues of Lekes and  
rootes of Radish, Turneps, Pars-  
neps, Rapes or Raues?

Humfrey.

Lekes be euil, engender paine  
full sleepe: but eaten with ho-  
ny, then they purge bloude, but  
rootes eaten rawe, breadeth yll  
iuce, therfore being first sodden,  
and the water cast away, & then  
sodden with fat Mutton, or ten-  
der fatte biefe, these rootes nozi-  
theth muche. Rapes, & Raues,  
be windy: Turneps, causeth one  
to spitte easely that haue corrupt  
stomakes, but maketh raw iuce.  
Carettes do expulse winde: Ra-  
dish rootes prouoketh brine, but  
be very euill for flegmatike per-  
sons, hauing grief in their bones

Leches &  
and there  
proper-  
ties.

Rootes sod-  
den noz-  
richeth.

Galen de  
alimen.

Herbes in  
gender me  
lancholpe.

or ioyntes, and must be eaten in  
the beginninge of the meale, as  
Galen saith, but many do vse the  
in the end of meales: & finde ease  
as sir Thomas Eliot that wor-  
thy knight and learned man re-  
porteth in his good booke called  
the castel of health. And thus I  
do cōclude of those herbs & rotes  
that I haue witten vppon. Ad-  
monishing thee, that herbes and  
rotes be al windy, engēderers of  
melancholly, & ingrossers of the  
bloud, except lettis, bourage, and  
purslen. Therfore the grose bin-  
ding together & sething of herbs  
in broths & pottage, be moze hol-  
somer then the fine choppinge of  
them. Thus I hon I haue decla-  
red vnto thee, the vertues of cer-  
tain herbs, which if thou wilt fo-  
low, and obserue my rules in the  
I doubt not, but thou shalt receiue  
much



much profit therby. I wold haue  
also taught y some pretie wayes  
for Distillation of Waters, but  
am preuented therein, and I am  
glad therof. Forasmuch as thou  
halt se very shortlye, bothe The-  
saurus Euonomi and Vlstadius, whi-  
che be excellent learned men in  
that science, wherein I am sure  
thou wilt much delite. For I en-  
sure thee, the lyke bookes neuer  
wer set forth in our mother tong  
with the liuely fashio of the fur-  
nasses, and also of y stillitozies.

Vulstadi<sup>9</sup>  
Thesauru<sup>9</sup>  
Euonomi.

**C**Thon.

Then seing thou wilt go no further  
with me in declaration of the pro-  
perties of herbes, I pray the think not  
the time to long, but tell me whiche of  
these will digest and purge choller,  
fleume, and Melancoly, prouoke ster-  
mutacion. and stop fires.

**C**Humfrey.

En-

**E** Adine,  
Purlein,  
Poppe,  
Dorell,  
Mercury.  
Luerwort.  
Thaye,  
Tisantes,  
Tarmertndes.  
The foure cold  
seedes of gour-  
des and Cucu-  
bers,  
Sanders,  
Buttermilke,  
or the milke  
whiche cometh  
of the pressinge  
of the chese.

Disge-  
sters of  
choller.

**M** Anna. vi.  
drammes.

Burgers  
of choller Kubarbe. ii.  
drames or. iii.  
but put into in-  
fusion fram. v.  
to. vii.

Disge-  
sters of  
fleume.

pillles of aloes  
Wilde hops,  
Sirup of  
wozmehode.  
Sirup of fenil-  
toxy.  
Diaprunes.

**P** Alliall,  
Mintes,  
Betony,  
Egrimony,  
Mugwort,  
Hony,  
Pepper,  
Hilope.  
Wimpernel,  
Jeniper berries  
Pepper.  
Fennell,  
Versly roses.  
Smallage.

Agas

Purgers  
offleumes

**A** Baricke in-  
fused frō. ii.  
to. v. ozammes  
Sticaus,  
The mirabola-  
nes of all the  
kinds.  
Polspodi of the  
oke.  
Centoze.  
Hozhound.  
Mayden heere.

**E** Leberus  
Riger,  
Capers.  
Lapis Lazule,  
Sene of Alexā-  
der.  
Bozage,  
Hartes tong,  
Hony sodden  
in swete wine.  
Sauoy,  
Time  
Trosses of ca,

Good  
purgers  
of Melā-  
choly.

Good  
thinges  
to pro-  
uoke v-  
rine.

Comfor-  
ters for p  
hazyneto  
sinel vpo

pers, of Colo-  
quintida, and  
of woymwod.

**P**erlye,  
Time,  
Sarsfrage,  
Casia fistula.  
Kammes.  
Radish.  
The fleshe of  
an hare,  
Pilles of Tria-  
bentben.  
Mayden heere.  
The beris of  
Cglentin.  
Bromseede.

**R**oses,  
Violettes,  
Yelliflowres, in  
sommer, but in  
winter Cloues  
Spike,  
Mustke.  
Amber grese.



Things  
good to  
stop flux.

Sineber called  
dragons blud.

Sloes or there  
decoction.

Sinamom

Boole armoni  
ak.

Red wine.

Planten.

Olibanum.

Hard egges.

Hard chese scra  
ped in red wine  
and drinke.

Things  
good to  
prouoke  
starnuta  
tion or  
neesing.

Good co.  
forters  
for y hart.

Betony leues.  
primrose rotes  
moderatellie  
sed.

Eloborus albus  
and Ginger.

Muske.

Amber grece.

Kostis, Perles.

Daces.

Diamuschi dul  
ci s diambra.

The floures of  
Rosemary and

Putmegges.

Spiknard.

Galanga.

Thon.

Vel, thou haste satisfied me of this  
matter, which I hope I will not for  
get, but would to God thou wouldest tel  
me the vertue of Dates and Figges, and  
other necessary frutes commonly bled.

Hum.

**H**umfrey.

**S**eraphio saith, that the Dates  
 which be preserved with suger  
 bee good. The crude rawe Date  
 doth califie the body, and doeth  
 conuert quickly into choler, it is  
 not good for the hedes of the hote  
 people, ill for the throte and stop-  
 peth the lyuer, and maketh the  
 teeth rotten, but if they be cleane  
 pilled and the inward rind taken  
 away, they do greatly norrish, &  
 restore, being sodden in stewed  
 broth they be of diuere kyndes in  
 quantitie and qualitie, but gene-  
 rally hote and moist in the second  
 degre. Figges as Hipocrates saith  
 the best be white, the second bee  
 red, the thirde be black, the ripest  
 be the best and amongst all fruts  
 doth mooste norrishe, prouoketh  
 sweat, because it doth purge the  
 superfluitie of humers through  
 the

Rasis iu. 3.  
 alman.

Halia in. 5  
 Theori.

Ra. Moya  
 ses.

Hi. 2. can.  
 c. ccviii.

Almōdes

Figges &  
herb grace  
to be eaten  
together.To helpe a  
pestilence  
soze.Galen de  
Alimen.The ope-  
ration of  
Peares.

Y skin, it doth engender lice, they  
be hot in the first degre, and the  
new figs be moist in y secōd, the  
sedes & the skin of the fig, be not  
greatli cōmended: figs & almōds  
eaten of a fasting stomake, be ve-  
ry holsō to make the wai of good  
disgestion, but best if thei be eatē  
with nutfes. Figs & herb grace,  
stamped together, be very holsōe  
to be eaten against the pestilēce.  
Roasted figges beaten together,  
and hote applied vpon the pesti-  
lence soze, doth drawe, molifie, &  
make ripe the soze. And to the  
lunge, liuer, & stomake, figges  
be very cōfortable, as Galē saith.

¶ Hon.

What be Peares?

¶ Humfrey.

They be of diuers kindes hea-  
uier then Appels, not good  
vntil they be verye ripe, onlesse  
they



they be tenderly roasted or baken,  
and eaten after meales. Ther is  
a kind of peares, growing in the  
city of Norwich, called the black  
friers peare, verye delicious and  
plesant, & no lesse profitable vi-  
to a hot stomake, as I hard it re-  
ported by a right worshipful phi-  
sition of y<sup>e</sup> same city, called docto<sup>r</sup>  
Maseilde, whyche said he thought  
those Peares withoute all com-  
parison, were the best that grew  
in any place of England.

Blacke  
friers  
peare.

Thon  
What saidst thou of Apples?

Humfrey.

Apples be very colde & wine-  
dy, harde to digest in gende-  
rers of euill bloude, hurtfull to  
flegmaticke people: good to cho-  
lericke stomackes, if they bee  
through ripe, but best if they be  
roasted or baken, and eaten wyth  
grose

The ope-  
ration of  
Apples.

A medicē  
for the  
small poc-  
kes.

grose pepper to bedwarde, they  
be of many kyndes, as Costard,  
the gren cote, the pippē, the quen  
apple, and so furth: The distilled  
water of apples, Campher, vine-  
ger, and milke, is a good medicin  
to anoint the faces of children  
haue the small pockes: when the  
sayd pockes be ripe, to kepe them  
from pittes, prouided that y<sup>e</sup> said  
childrē haue geuen them in their  
milke, saffron or Methridatum, to  
expell the venim & kepe them fro  
the aire, during the said sicknesse

Thon

What be Peches?

Hunfrey.

The ope-  
ration of  
Peches.

The leaues be hote, for if they  
be stamped in playster wyle &  
applied vnto the belly, they kyll  
wozmes: The fruite is cold, and  
very good to the stomack, they be  
good to be eaten of thē that haue  
stinking

stinking breathes of hot causes:  
 eaten of an empty stomacke, as  
 the counsel of Galen, which saith  
 if they be eaten after meate, they  
 do corrupte bothe in them selues  
 and the meates lately eaten: and  
 they be binders of the belly. But  
 Quinces be moste comfortable  
 after meate, for they do enclose  
 the stomack, and letteth vapors  
 ascend into the brain, & stoppeth  
 vomets: They be holsum for sick  
 folkes that be swelled in their bo-  
 dies. Eaten with the grosse pou-  
 ders of Gallanga, spiknard, cal-  
 lamus, and ginger may be eaten  
 befoze meate of the sayde sicke  
 patientes, as well as after. But  
 muche vse of them, be not so pro-  
 fitable as delectable, to the ea-  
 ters therof.

It gapnste  
 stynkinge  
 breath

Quinces  
 holsume.

Swelling

Thon.

What be Quinces?

A. I.

Hum.



## Humphrey.

The operation of  
Quinces.

Isaack in.  
perticu  
die.

Quinces  
raw hur  
tch,

If thy stomack be very hotte or moist, or thy belly laxative, the Quinces be good to be eaten before meat, being roasted or eaten colde, & in this case the tarter be the better, and pomgranets be of the same vertue, as Isaac saith: but eaten after meat they do enclose y<sup>e</sup> stomack, & moist the belly, thei ought not to be vsed in common meates, the custome of them hurteth the sinnewes, but in the way of medicine thei be excellēt, & the cozes being taken out and preserved in hony, or kepte their musse lege. Then they may long continue to the vse of roasting or baking, for they be perelous to y<sup>e</sup> stomacke eaten rawe. But preserved they do mightely preuaile againste dronckennesse, they be colde in the first degree, and drie  
in

in the beginning of the seconde.

**I**hon

What be Cherries:

**H**umfrey.

**T**he tart cherries vndoubtedly be moze holesomer then the swete, and eaten befoze meat, do mollify the belly, prepare digestion, & they be most excellent against hot burning choller, they be good also after meate, & be of many kindes, as black, red, and pale. The red chery partly tart, is best. Galen & Rasis, greatly commended this frute. In the countrey of Kent be growing great plēty of this fruite. So are there in a town near vnto Norwiche called Ketreinham, this frute is cold & moist in the first degree. **I**hon.

The operation of  
Cherries.

Galen de  
alimen.

Ra. lib. 23.  
cap.

**W**hat be the vertue of Grapes, raisins, Pynes, Barberies, oringes, and Medlers:

**A. ii.**

**H**um-

Hunfrey.

The good-  
nes of  
Grapes.

Galende  
alimen . 2.  
Rasis in . 4.  
alman . 20.  
cap.

**H**ippocrates saith: that the white  
Grapes bee better then the  
blacke, and holssomer when they  
are two or three daies gathered  
fro the vine, then presētly pulled  
from it: And if they be swete, thei  
be partly nutritiue, & warm the  
body. And vnto this agreeth Ga-  
len and Rasis, which semeth to cō-  
mend swete grapes aboue dates  
saying: althoughe they be not so  
warne, yet they do not stop the  
body, or make opilatiō as dates  
do. They be holssome to be eaten  
befoze meat, euē as nuts be good  
after fishe. Towarde the southe  
and sutheast partes of y<sup>e</sup> worlde,  
ther be many growing in diuers  
regiōs, wherof y<sup>e</sup> wines be made  
The farther from vs, the hottet  
wine: Ther be very good grapes  
growing here in Englād in ma-  
ny



ny places, as partly I haue sene  
 at Blarhall in Suffolke, where  
 sometime I was nere kinsman  
 vnto y chefest house of that toun  
 Raising of the sunne be veri hol-  
 some, and cōfort digestion, but  
 the stones & rindes would be re-  
 fused, & then they be good for the  
 splene & liuer. So be aligantes,  
 Rasins doth much cōmend thē, but  
 vndoubtedly the small rasins be  
 hurtfull to the splene. Prunes or  
 damasins haue vertue to relaxe  
 the belly, if they be sweete & ripe,  
 they do nourishe verye little, but  
 quenche choller. Grapes, rasins  
 & Prunes, Plūmes, & Sloes, if  
 they be sower, be all bineders of  
 the belly, and so is the barbarye  
 called Oxianantha, and Oringes,  
 except the said oringes be condi-  
 ted with suger, and then they be  
 good coolers against hot choller  
 R.iii. whose

Blarhall  
 in suffolke

Repsens.

Sweete  
 Prunes  
 be laxatiue  
 but tarte  
 prunes be  
 binding

Oxianan-  
 tha.  
 called the  
 Barbarye

Mespila  
called the  
Medler.

whose rindes be hotte and dry of nature . The frute called the medler, is vsed for a medicine & not for meat, and must be taken befoze meate prouoketh vaine, & of nature is stipticke.

Thon.

What be Capers and Oliues?

Humfrey.

The ope-  
ration of  
Capers.

Fresh capers be hot and dry in the second degree, and eatē befoze meates do greatly comforte digestion, & be the best thinges for the splene, or to clense melancholy that can be taken. Preserued Oliues in salt eaten at the beginning of meales, do greatly fortify the stomacke & relaxeth the belly, clēseth the liuer and be hot and dry in the second degree.

Thon.

Reseche the show me thy opinion of the natures of some kindes of flesh,  
first

firste of the properties of Beefe:

**H**umfrey.

I will not undertake to shewe  
mine opinion : to thy request,  
but I wil declare the mindes of  
some wise and learned men: and  
first of Simeon Sethi, which saith,  
that the fleshe of Oxen that be  
pouge, do much nourishe & make  
them strouge that be fed wyth  
them, but it bryngeth melancholy,  
and Melancholius diseases,  
it is cold and drye of nature, and  
harde to digest, excepte it bee of  
chollericke persones: but beinge  
tenderlye sodden, it nouriseth.  
Much bief customably eaten of  
idle persons, and nice folks that  
laboure not, bryngeth many diseases,  
as Rasis saith. And Auicen  
saith that the fleshe of Oxen or  
Kine, be very grosse, ingendringe  
ill use in the body. Wherof ofte

Simeon  
Sethi.

Ra in lib. 2  
cap. 3.

Auicen in  
2. lib pri.  
cap. 15

¶.iiii. times



times come to scabbies, cankers, biles, but vnto hot stronge, chollerick stomacks it is tollerable, and may be vsed as we haue the daile experience thereof. The broth wherin the biese hath bene sodde, is good to be supped halfe a pint euery morning against y<sup>e</sup> flux of the belly, & running forth of yelow collicke. If the said broth be tempered with salt: Mustard vineger or garlicke. &c. Be commonly vsed for the saules to digest bies withal, for the said saules do not only helpe digestion, but also defendeth the bodye from sundry inconueniences, & diuers sicknesses, as dropsies, quartens, leproses, and such like. The gall of an Ore or a cowe, distilled in the monthe of Iune, and kept in a close glasse, doth help to cleanse the eyes from spots, if you put a drop

To helpe  
the fluxe

Disgestio.

A medicine  
for the the  
eyes.

drop of this water with a fether  
into thy eyes, when ye go to bed.

The milt of a Bul dried, and the  
powder therof dzoncke with red  
wine, will stop the bloudye flire.

Light poudered yong Beefe, is  
better then either fresh or muche

poudered. In specially those cat-  
tel that be fed in fair and dry pa-  
stures, & not in stinking fennes.

To stope  
the bloudy  
flire

The great learned man Gesnerus.

in hys discriptyon of Beastes,  
dothe wzite moze of the vertues  
of bulles, oxen, kine and calues,

Conradus  
Gesnerus.

then anye other hath done. And  
thus to conclude, the flesh of the  
male beastes, is moze better thē  
the female, and the gelded beastes

Gelded  
beasts best

be moze commodious to nature,  
then any of them. And the yonge  
flesh moze cōmendable thē thold,  
for it is moze moist, & a frend to  
bloud, as Haliabas saithe, Roasted

Hali. in .5.  
The. ca. 4

flesh:

Boyled  
meates  
cōforteth  
the body.

fleshe dothe nourishe the bodye much, for it is warm and moist. Bake meates be very dry: Cleane boyled meates, with holosome herbes and frutes, be excellent to comforte the bodie, if they be nutrimentall fleshe. Calues fleshe do greatlye nourrishe and make good bloud.

Thou.

Thou haste saide wel of Bese, but what goodnes may be reported of Porke, I think very litle or nothinge:

Humfrey.

There be manye goodly commodities in y<sup>e</sup> flesh of bores. Gelded swine and Pigges, for they be good for mans nature.

Thou.

For mans nature: that is marvell: For howe can those be good for mannes nature, whyche be so vile of theyr owne nature. Their soul feeding of most stinking filth and carion, The

noy.

The di-  
scription  
of swyne.



noysome wallowing in the mire and  
durt, the eating of their owne pigges,  
and oftentimes pullinge children oute  
of the Cradle, for their dinners, if the  
good wife be not at home. Who is a-  
ble to beholde suche noysome spirites,  
or hel boundes: did not almighty God  
commaund the Jewes to eat none of  
them: and the Machomites at this  
daye, will kill that man that eateth of  
their fleshe, why should we then com-  
mend them: for they are most vile.

### Humfrey.

**A**Ll the aunciente and wisest Florida.  
phisicians that euer were in Corona,  
this world, did all consente, that  
of all flesh, the flesh of yong gel-  
ded swine, partly faulted or pou-  
dered, was euer a meate of the  
best nourishinge moister, and col-  
der then other fleshe, for Isaacke  
saith, it is a flesh very moiste, ex-  
cept it be the flesh of lambes, as  
Galen

Isaack.

Galen in

sec. comp

cap. ii.

Galen reporteth. Yet it is not good to euery complexiō, nor to euery age, but vnto youthe and middle age. Whereas thou haste spoken againste y vile nature of swine, callinge them vnreasonable, thou doste vse moze wordes then wit: for ther is no beast, y may be called reasonable: but man onely.

Beastes  
wante rea-  
son.

And whereas God did prohibite the Jewes to eate swines fleſhe: it was a figure to absteyne from vncleane things: which I leaue to the Theologians. The Mahumites abhorre swines fleſhe, because there dzonkē false prophet and Psevudo Apostle was torne & rent in peeces with swine, being dzonkē & fallen in the mire. So thone must geue credēce to time and to learned Phisitions. The bloud of swine doth nozish much, as it is sene in puddinges, made with

Why the  
Mahumi-  
tes abhor  
swynes  
fleſhe.

puddinges  
of swyne.

with great Otmeale, swete sebo-  
 et, and fennel, or Annes seedes.  
 Pigges be very moiste, therfore  
 Sage, Pepper and salt, do drye  
 bp the superfluous humoures of  
 them, when they be roasted. They  
 be not holsom to be eaten before  
 they be thzee weekes olde. The  
 tripes and guttes be holesomer,  
 and doth nourish better then ani  
 other beastes guts. Bakō is ve-  
 ry hard of digestion, and muche  
 discommended, and is hurtfull.  
 Only vnto a hot chollerick labo-  
 ring body, the flesh of a Boze, is  
 moze holsomer then the fleshe of  
 any sow. The brains of a Boze,  
 and his stones, or any part of the  
 stāped together, & laid warm vp  
 on a pestilēce soze, in themanner  
 of a plaister, it wil breake it incō-  
 tinent. Swines grease is verye  
 colde, and good to annointe bur-  
 ninge

Tryppes  
 of swyne

Bozes  
 fleshe.

A plaister  
 for a pesti-  
 lence soze.



ninge hotte places of the bodye,  
or a disease called saint Antho-  
nies fyre, and thus muche haue  
I spoken of swine.

**Thon.**

I praye you tell me of the fleshe of the  
Rams, weathers, and Lambes, and  
how profitable thei are to māns nature

**Humfrey.**

Simeon Sethi saith, Lābes fleshe  
is partly warm, but superfluo-  
us moist, & euill for flegmatick  
persōs, & doth much harm to the  
that haue the dropsy, bonache, or  
a disease called Epiolus, whiche is  
spittig of fleme like glasse. Ther-  
fore if lābes flesh were sodde, as  
it is roasted, it would bringe ma-  
ny diseases vnto the body, with-  
oute it were sodden with wine, &  
some hotte grosseries, herbes, or  
rootes. When a weather is two  
yeares old, which is fed vppon a  
good

The flesh  
of Lambes  
sodden  
hurteth.

The fleshe  
of weathers

good ground, & flesh therof, Chalbe  
 temperate and nourrishe much.  
 Hippocrates saith, that the lamb of  
 a yeare old, doth nourish much. Hip in. 2  
 Galen semeth not greatly to com- pri.doc.  
 mend mutton, but that whiche is cap. 15.  
 tender, sweete & not old, is verie pro- Tender  
 fitable, as experience & custome, Mutton.  
 doth daily teach vs. The dounge,  
 Tallowe and wolle be verie pro-  
 fitable in Medicines, as plini  
 saith: And Conradus Gesnerus, de  
 animalibus, and Galen in hys thyzde De ali. lib  
 booke, de alimentis. tertio. 3.

Ihon.

What is the flesh of Gotes or kids.

Hunfrey.

They be beastes verie hurt-  
 ful vnto yong trees & plāts,  
 but Simeon Sethi saith, that kids  
 fleshe is easie of digestion, in  
 healthe and sickenesse, they bee  
 verie good meate. They be dzye  
 of

in ter .xii.  
doc. secū.  
capi. vii.

Hali in  
quinde  
theori.  
Capit. 2.

A medicin  
for dron-  
kenness.

of nature. Hipocrates saith. It be-  
houeth þ the conseruers & keepers  
of helth, do study þ his meate be  
such, as the fleshe of kids, yonge  
calues, that be sucking, & lambs  
of one year old: For they be good  
for thē that be sick, or haue euell  
complexions. Haliabas doth say, þ  
the fleshe of kiddes do engender  
good bloud, and is not so flegma-  
tick, watri & moist, as the flesh of  
Lambes. They remain kids for  
vi. moneths, & afterward cometh  
into a groaser, & hotter nature, &  
be called Gotes. The flesh of thē  
that be gelded: is holsum to eat, &  
lunge of them eatē before a mā  
do drink, doth defend him þ daye  
from dronkenness, as I haue red  
in the reportes of learened men.  
But the flesh of thold he or male  
gotes be il, & ingender the agues  
or feuers, If the brine of goates  
be



be distilled in May with sorrell,  
the water distilled is not hurt-  
full nor noysom, but who soeuer  
use to drinck therof two drāmes  
morn & euening, it wil p̄serue  
him frō the pestilēce. The milke  
of Goates I will describe in the  
proper place.

A good  
medicento  
be p̄ser-  
ued from  
pestilence.

Thou.

What be the fleshes of Beade and  
fallowe Deare?

Hunfrey.

More plesānt to som, thē pro-  
fitable to mani, as appereth  
once a yeare in the corn fields, &  
more it is to be lamēted. Hippo-  
crates and Simeon Sethi, do plainlye  
affirm the flesh of thē to engēder  
euil iuse, and Melancholy colde  
diseases & quarteins. The flesh  
of winter deare, doth lesse hurt &  
body, then that whiche is eatē in  
sommer. For, in winter mans dis-

Hipo.  
Simeon  
Sethi.

Rasisala  
Cap. 3.

D.i.

gesti-

**D**igestiō  
stronger  
in winter  
then in sū-  
mer.

**T**o help  
coughes.

gestion is moze stronger, & thine  
warde partes of the bodye war-  
mer, and maye easelyer consume  
grose meates, then in Sommer,  
as we see by experience. In cold  
weather & frosts: helthful people  
be most hungriest. The lunges  
of a dere soddē in barlye water,  
and taken fourthe and stamped  
with penedice and hony of equal  
quantitye to the sayde lunges,  
and eaten a mozynyes, dothe  
greatelye healpe olde coughes,  
and dzinesse in the lunges.

There be many goodly vertues  
of theyr hornes, bones, bloude  
and tallowe.

**J**hon.

**V**hat be the properties of Hares  
and Conies flesh?

**H**unfrey.

**A** Vicen saith, the flesh of hares  
is hot and drye, ingenderer  
of

**A**ui.in.2.  
can.cap.  
146.

of melācoly, not praised in Whic  
 sick for meat but rather for me-  
 dicine. For in dede, if a Hare be  
 dried in the moneth of March in  
 an Ouen or furneise, and beaten  
 into powder, & kept close, & drōke  
 a morninges in Beare, Ale, or  
 white wine: it wil breake y stone  
 in the bladder, if the paciente be  
 not old. If childrēs gummes be  
 annointed with the brains of an  
 hare, their tethe wil easely come  
 forth & grow. The gal of an hare  
 mingled w clene hony, doth clēse  
 watr eies, or red bloudye eyes.  
 The flesh of hares must be tēder  
 ly roasted, & wel larded and spiced  
 because of the grosnes, but it is  
 better sodden. The fleshe of Co-  
 nies are better then hares flesh,  
 & easier of digestion. But rab-  
 betis be holssomer. And thus to

To break  
 the stone

A medi-  
 cen for  
 bloudy  
 eyes.

Hares.

Conpes.

Rabets.



Galen in  
iii. de ali.  
capi. 1.

conclude of Conies, experience teacheth vs, that they are good, they be cold and dry of nature, & smal mention is made of them, amōg thauncient phisitions, as Galen saith. I neede not to speake very long of eueri kind of beasts as some of the beastes that be in Hiberia like little Hares which be called Conies.

**Thon.**

I somme that knewe not Conies, (which wer sene in the nature of many other beastes,) had dwelte in diuers places of England: they shoulde haue known them rightwel: And perhaps receiued of them as smal plesure, as many husband menne haue founde by them in their cozne. Now thou hast wel satisfied me of the four footed beastes, which commonly English men fede vpon. Nowe I praye thee tel me, some of the vertues of fowls and firsse of cockes, capons and Hennes.

**Hum.**

## Humfrey.

**C**hickins oz Hennes, sayeth Chickens.  
 Auenzoar, be most commēded, Auenz.  
 and most laudable of any flesh, & lib. pri.  
 nourisheth good blud. It is light  
 of digestion, & doth comfort the  
 appetite, cock chickens, be better  
 then hennes, the capon is better  
 then the cock, they do augmente  
 good bloude and sede, as Rasis re- Rasis in  
 porteth, & experience proueth in lib. 4.  
 men, both hole & sick. An old cock Afforif.  
 which is wel beaten after his fe- Olde cock  
 thers be pulled of vntil he be all  
 bloudy, & then cut of his hed and  
 draboe him, & sethe him in a close  
 pot with faire water, and white  
 wine, fenil rotes, burrage rotes,  
 Violet, Planten, Succorpe, and  
 Buglos leaues, Dates, prunes,  
 great Rasins, maces, and suger,  
 and put in the mary of a calf, and  
 sanders: this is a moſte excellēt  
 D. iiii. broth

To helpe  
consumed  
bodpes.

To com-  
fort the  
brayne &  
memory.

broth to them that be sick, weake  
or consumed. The brains of hens,  
capons or chekens be holsum to  
eat, to comfort the brain and me-  
mory. And thus to conclude these  
forsaide foules, be better for idle  
folkes that labour not, then for  
them that vse exercise or trauel,  
to whom grosse meates are more  
profitable. *Ihon.*

What be the properties of Gele:

*Humirey.*

Auicē. in.  
2. cano.  
cap. 46.

Galen in  
de ali.

**V**aylde geles and tame, theyr  
flesh is very grosse and hard  
of digestion, as Auicen sayeth.  
The flesh of great foules and of  
gele, be slowe and hard of diges-  
tion: for their humiditie, they do  
breade feuers quickly, but theyr  
gooslinges or yonge geles, being  
fatte, are good and much comen-  
ded in meates. And Galen saith:  
that the fleshe of foules be better  
then



then the fleshe of beastes.

But vndoubtedly gose, mallard,  
Pecock, Swan, and euery foule  
hauing a long necke, be all hard  
of digestion, and of no good cō-  
plexions. But if gese be well ro-  
sted and stuffed with salte, sage,  
pepper, and onions, they wil not  
hurte the eaters thereof. There  
be great gese in Scotlād, which  
bredeth vppon a place called the  
Wasse. Ther be also Bernacles,  
whiche haue a straunge genera-  
tion as Gesnerus saith: and as the  
people of the Northe partes of  
Scotlande knoweth, & because  
it shuld seme incredible to many:  
I will geue none occasiō to any,  
either to mocke or to meruaile.  
And thus I geue warninge to  
them whiche loue their healthe,  
to haue these forsaide foules som-  
what poudred or stopped wyth

Of greate  
foules.

the geese  
of the wase

Conradus  
Gesnerus.

D.iiii. salt,

salte, all the night, befoze they be  
rosted.

**Jhon.**

I pray the tel me of þ flesh of duckes.

**Humfrey.**

**T**hey be the hottest of all do-  
mestical, or yard foules, and  
uncleane of feeding: notwithstanding,  
though it be harde of diges-  
tion and marueilous hot, yet it  
doth greatly nourish the bodye &  
maketh it fat. Hippocrates saith:  
that they that be fed in puddels  
and foule places, be hurtful: but  
they that be fed in houses, penne  
or coopes, bee nutritiue, but yet  
grose, as Isaack saith.

Hip.in .2.  
can.ca. 46.

Isack.in.16  
viii.ca.16.

**Jhon.**

What be pigios, Turtles or Doves?

**Humfrey:**

Auicenn.in  
can.

**T**he flesh of Turtles be mer-  
uailous good, and equal to  
the best as Auicenn saith. They be  
best

best when they be yong and hol-  
 some for flegmatike people. Sime-  
 on Sethi saith: the house doue is  
 hotter then the field doue, & doth  
 engēder grose blud. The cōmon  
 eating of them is il for chollerick  
 persons with red faces, for feare  
 of Leprosie: therfore cutte of the  
 fete, winges, and hed, of your pi-  
 gions or doues, for their blud is  
 y, whiche is so venemous. They  
 be best in the spring time, & har-  
 uest. And Isaack saith, because they  
 are so lightli cōuerted into coler.  
 They did cōmaūd in thold time,  
 that they shoulde be eaten wyth  
 sharp vineger, Durslein, coucom-  
 bers or Citron. Rosted pigions  
 be best. The bloude that cometh  
 out of the right wing, dzoped in-  
 to ones eye, doth mightely helpe  
 the eye, if it swelleth or prycketh.  
 And thus much haue I spoken  
 of

Isarck in  
 lib. dicta:  
 cap. 16.

Rosted pi-  
 gions best

To helpe  
 the pric-  
 king of  
 eye.



156. The Gouvernemente  
of Pigeons, or Doues.

Thon.

What is the flesh of pecocks?

Humfrey.

Simeon  
Sethi.

Hali.in.5.  
Retho.  
cap. 23.

Simeon Sethi sayeth: it is a rawe  
flesh, and harde of digestion,  
onlesse it be very fat. But if it be  
fat it helpeth the Pluresie. Halia-  
has saith: that both swas, cranes,  
pecockes, and any great foules  
must after they be killed, be han-  
ged vp by the necks, two or thre  
daies, wyth a stone wayinge at  
their feete; as the weather wyll  
serue, and then dresed and eatē.  
Prouided that good wine be dꝛo-  
ken after them.

Thon.

What is the fleshe of Cranes?

Humfrey.

Simomn  
Sethi.

Simeon Sethi saieth: theyr flesh is  
hot and dry, the yong be good,  
but thold encrease melancholi.

They

They do engēder sede of generation, and being tenderlye roasted do helpe to cleare the voice, and cleanse the pipe of the lunges. To cleare the voice.

John.

What is Swans flesche?

Hunfrey.

Very grosse fowl is chollerick, hard of digestion: the signets be better then y old swannes, if their Galentines be wel made, it helpeth to digest their flesh.

John.

What is the flesh of herons, bitters, and Shouellers?

Hunfrey.

These foules be fishers, and be verye rawe, and flegmaticke, like vnto the meate wherof they are fedde: the young be best, and ought to be eaten with Pepper, Sinnamon, Sugar, & ginger, & to drinke wine after them  
for

158. The Gouvernemente

for good digestion: And thus do  
for all water foules.

Jhon.

What be partriches, Fesants quails,  
Larkes, sparrowes, plouer, and black  
Birdes?

Humfrey.

Aulcen  
Rasis in. 3.  
alm .c. 10.

Partriches doth bind the belly,  
and doe nourish muche: The  
cockes be, better then the Henne  
birdes, they do dry up fleum and  
corruptiō in the stomake. Fesants,  
be the best of al flesh, for his sweet-  
nes, is equal vnto the Capon or  
partrich, but he is somewhat drier.  
And Rasis saith: Fesants fleche is  
good for them that haue y feuer  
ethike, for it is not only a meate,  
but a medicine, & doth clense cor-  
rupt humors in the stomacke.

Ra. in. lib.  
4. affo.

Engender-  
ers of  
Agues.

Quails although they be eatē of  
mani, yet thei are not to be comē-  
ded, for they do engender agues,  
and



and be euil for þ falling sicknes.  
for as Conciliatur sayeth: of all  
foules that be vsed for meates, Diosco.

it is the worst. Dioscorides saith:  
larkes roasted bee holosome to be  
eaten of them that be troubled w  
the chollick. Black birdes taken  
in the time of frost, be holsoe and  
good of digestion. The donge of  
black birds tempered with vine-  
ger, and applied to ani place that

hathe the blacke Morphewe, or To help þ  
black leprosi, often times anoin- morphew.

ted with a spoge doth help them.  
The flesh of plouer doth engēder  
melancoly. Sparowes be hot, &  
prouoke venus or lust: Plini doth  
discribe their properties: þ bzaī-  
nes be the best parte of them.

Plinii. lib  
ii. cap. 36.

Woodcockes be of good digestiō  
and temperate to fede vpon. All  
small birdes of the field, as Rob-  
bin red brest, linets, finches, red  
spa

sparowes, goldwinges, and such like: if they be fat: they be merueilous good, & do greatly comfort nature, either roasted or boyled, & thus do I conclude with thee of birdes. **Ihon.**

**I** hartely thanke thee, gentle Maister Humfrey: for thy paines takinge in uttering these thy rules vnto me, concerning the proper vse of beastes, and foules, in meates. I would be glad to know the vertues of some fishes.

**Humfrey.**

**I**n many Ilandes of this world, nere adiacent vnto the Ocean seas, the people liue there, moste chiefly by fish, and be right strōg and sound people of complexion, as Aristotel sayeth: *Consuetudo est tãquam altera natura.* Custom is like vnto another nature, but because I speake of fishe, I will deuide them in thre partes. Firste of the fishes

**Aristo in  
proble.**

**Fishe de-  
uied into  
thre parts**

fishes of the sea, secondly the fish  
 of fresh running riuers, thirdly  
 of the fishes in pooles & standing  
 waters. The Sea hath many  
 grosse & fat fishes, which be not  
 som to the stomak, but the sma-  
 ler kind of fishes that fede about  
 rockes & cleare stony places, be  
 moze drier and lesse of moistnes,  
 then the fresh water fishe, & doth  
 engender les fleume and winde,  
 by the reason of their salt feeding  
 as Galen saith: they be the best fi-  
 shes that fede in the pure sea: and  
 chieftest of al fishes for the vse of  
 mankinde. But Haliabas saith:  
 new fish lately take, is colde and  
 moist, & flegmatick, but lest of al  
 the sea fish. Fish that swimmeth  
 in freshe cleare riuers, or stonye  
 places, whereas the water is  
 swete, beyng fishes that beare  
 scales, be maruaylous good.

Of sea  
 fishe.

Galen de  
 tuena.

Hali. in  
 quin, the.  
 capit. 25.

Fishe in  
 riuers.

If



Fische in  
fennes.

Best fea-  
ding for  
fische.

Fische whit  
scaled.

Fische un-  
scaled.

If they feede neare vnto places  
wher much filth is daili cast out,  
there the fishes be very corrupte  
& vnhollosom, as the said Haliabat  
saith. Fish that fedeth in fennes,  
marisces, diches, & muddi poles,  
be very hollosome, and do corrupt  
the blud, they be grose and slimy,  
corrupt & winedie. But those fi-  
shes that be fed in fayre pondes,  
wherunto running waters may  
ensue, and wheras swete herbs,  
rotes, wedes, that grow about  
bākes, do fede y fish: those fishes  
be hollosome. Galen saith: Fish that  
is white scaled, hard, as perches  
Cheuiēs, Ruffes, carps, bzeims,  
roches, Troutes. &c. be al good.  
But unskaled fishes, as Eales,  
Tenches, Lampreys, & such like  
be daungerous, onlesse they be  
wel baken and rosted, and eaten  
with pepper, ginger, & vineger:  
And

And note this, that it is not hol- To laboꝝ  
some traueling, or labouringe, sone after  
immediatly after the eatinge of theating  
fysch, for it doth greatly corrupt of fishe, is  
the stoinack, and as Galen saithe: hurtfull.  
the nourishments of flesh is bet- Galen.  
ter then the nourishmēt̃s of fish:  
And thus muche generallye I  
haue spoken of fishe.

¶ **Thon.**

Thus it semeth by thy wordes that  
great fishes that be deuourers in y  
sea, as Seale, Porpos, and suche like: Fat fishe  
be vnholosome, and that the smaller fi- be grosse  
shes, as Codlinges, Whitinges, Plea- fode.  
ces, Smeltes, Buttes, Soles, Pike,  
Perche, Breme, Roche, Carpe, and  
suche as feede in cleane stony waters,  
thou sayste they be holosome. Eales,  
Lampreys, and other muddye fishes,  
thou dost not greatly commend. Ther  
be some kinds of fish soft & som behard,  
which be the best?

¶ **Hunfrey.**

P.i.

¶

The electiō  
of fische

If fish be soft, the eldest fish is the best. If fish be hard the yōgest is best, for it is either soft or hard. Of hard fish take the smallest, of soft fish take the greatest: Provided that your fish be not verie limpe, and thus saith the Auicen in his booke of fishes.

Auicen  
cap. de  
piscibus.

Thon.

I pray the tell me some thyng of shel  
fishes:

Humfrey.

Crayfishes.  
and crabs

Crayfishes and crabbes, be very good fishes, the meat of them doth helpe the lunges, but they be hurtfull for the bladder, yet they will engender seade: If Crabbes of the trethe water bee sodden in pure grene oyle olive. This Oile dropped into the eare like warme, doth heale hot burning obstructions, and stopping matter that hindreth the hearing. As for limpetes, cockles, scallapies

Crabes.

To helpe  
hearing.



pes as Galen saith: they be hard of digestion, muskels & Oysters wold be wel boiled, roasted, or baken with Onions, wine, butter, suger, ginger, and pepper, or els they be very windi & flegmaticke. Chollericke stomakes may well digest raw oysters, but thei haue cast many one away

**Ihon.**

What is the vertue of Oyle?

**Humfrey.**

**G**reene oile of oliues, is y<sup>e</sup> mo<sup>st</sup> ther of all oyles, whych doth draboe into her owne nature the vertues of herbes, buddes, flowers, frutes, and rootes. Swete sallet oyle is holosome to digest colde herbes and sallets, tēpered with sharpe Vineger and Sugar. Newe oyle doth moiste, and warme the stomacke, but olde Oile, corrupteth the stomacke, &

Galen in  
libra de a-  
limento.  
Oysters.

Oyle of  
liues best.

Salte oile  
holson.

Aueroies  
commen-  
deth oyle  
in quinto  
de ouis.

**D.ii.**

cleueth

Oyle of  
Roses.

Agaynst  
fransye.

cleueth to the lunges, & maketh  
one horse. Oil of Roses & sharp  
vineger, tempered together, is  
good to annoint the forheads of  
thē that be trobled with extreme  
heat or frāsye, so that Buglose be  
sodden in their posset ale, or elsse  
drinke the sirrupes of endiue, or  
Buglos. There be many goodly  
vertues in cōpounded oiles, both  
to make hot: and also to coole the  
body when it is extreme hot, as  
the great learned mā Ihon Mesuz,  
hath described in his Antidotarii.

Ihon.

Wilt thou be so good as to tell me  
the properties of water?

Humfrey.

Galli. 3. de  
uic. in. aui  
li. 1. fen. 2.

Water is one of the four ele-  
mentes, more lyghter then  
earth, heuier then fire & air. But  
this water which is here amōgst  
vs in Riuer, Ponds, springes,  
floudes,

fluds, and seas: be no pure waters, for thei be mingled with sū-  
 dry airs, coꝛruptiōs, gꝛosenes, &  
 saltnes: notwithstanding in al our  
 meates & drinks water is v̄sēd,  
 & amōgst al liuing creaturs can  
 not be foꝛboꝛn, both man, beast,  
 fish, fowl, herb, and grasse v̄se it.  
 And as Auicen saith, the clay wa-  
 ter is pure, for cley clenseth ȳ wa-  
 ter, & is better then water ȳ run-  
 neth ouer grauel, oz stones, so  
 ȳ it be pure cley, void of coꝛrupti-  
 on. Also waters running toward  
 the east, be pure, comming out of  
 hard stony rockes, & a pinte of ȳ  
 water is lighter then a pinte of ȳ  
 stāding water of wels, oz poles.  
 The lighter the water, the better  
 it is. Also waters that is put in  
 wine. &c. ought first to be sodden  
 ere it be occupied cold, and so the  
 fire doth clense it frō coꝛruption.

What  
kind of  
water is  
beste.

Auice. lib  
1. fen. 3. de  
dispositi-  
onibus a-  
quarum.

The ligh-  
ter water  
best.



**Corrupt  
waters.**

Standing waters & water run-  
ning nere vnto cities & towneſ,  
oz marſh ground, wodes, & fens  
be euer ful of coꝝruption, becauſe  
ther is ſo much filth in the of ca-  
rions & rotten dung. &c. The hier  
þ water dothe fal, þ better water  
it is. Iſe & ſnow waters be very  
groſe, and be hurtful to þ bodieſ  
of men and beaſtes. To dzinke  
cold water is euil, for it will ſtop  
the bodi, and engender melācho-  
ly. Salt water helpeth a man fro  
ſcabbes, iche, and moiſt humoꝝſ,  
it killeth lice, and waſteth bloud  
betwene the ſkin and the fleſhe,  
but it is moſte hurtful to the ſto-  
macke, but the vapoꝝ and ſmoke  
of it is good for them that haue  
the dropſy.

**Iſe and  
ſnow wa-  
ters.**

**Salte wa-  
ter,**

**¶ Ihon.**

**What is Vineger?**

**¶ Humfrey.**

**Vine.**

**V**ineger is cold and dry, and <sup>The pro</sup> is hurtfull for them that be <sup>peries of</sup> melancholi, but when it is drōk, <sup>Vineger.</sup>  
 or poured vppon an outwarde wound: it stoppeth the bloud. It also killeth hot apostumatōs of Erisippilas, it is an enemye to the sinowes. Vineger & brimstone sodden together, is good for the gout, to wash it withal. Vineger tempered with oile olife, or oil of roses, & sodē with vnwashed wol healeth a disease called Soda in the heade, applied warme vnto the place, it is good in sauce for all warme and moiste men. Vineger with cleue clarified honye Penidies and fayre water sodden together, doth greatlye helpe the <sup>papne in</sup> pains in the throte, or lunges, or <sup>the throte.</sup> stopping the winde, & quencheth hot diseases. And sharp vineger mingled with salt, & put vpon y  
 P.iiii. biting

**Biting of  
a dogge.**

biting of a dog, both heale it: and  
against poisō it is excellēt, chief-  
ly to drinke a little therof againste  
the pestilence in a morning.

**Then.**

**What vertue hath our common salt?**

**Hunfrey.**

**Rasis in. 3.  
aliman.  
cap. 17.**

**R**Asis saith, salt is hot and dry,  
Dioscorides saith, salt hath ver-  
tue to stop, to scour, and munda-  
fie, and of that minde is Oribasius,  
saying: salt is cōpounded of mat-  
ter abstersiue and stiptik, which  
matters be bothe binding & dri-  
yng moist humours, and is good  
to powder fat flesh, both bief and  
porke, and other fat meate: for it  
hath vertue to drye vp superfluo-  
us humours, as water & blud.  
&c. But it is not good for leane  
bodies, or hot cōplexioned peo-  
ple, for the much vse of it maketh  
the body cholerike, appere aged,  
and

**The ver-  
tue of salt.**

**Much ea-  
ting of salt  
hurteeth.**



and to be angry. The very vse of it is onely to season meates, but not to be meate. Much good salt is made here in Englande, as at Witch, Hollond in Lincolnshire, and in the Shiles neare vnto newcastle. **Ihon.**

What is hony, or the vertue therof?

**Hunfrey.**

**A**uerrois saith, hony is hot & dry in the second degree, and doth clense veri much, & is a medicinable meat most chiefliest for old men and women. For it doth warme them and conuert them into good bloud. It is not good for chollerick persons because of the heat & drines. They do greatly erre that say honye is hot and moiste: but if it be clarified from his wax and drosse, and kept in a close vessel, there is nothing that is liquid vpon the earth that remaineth

Auerrois  
in. 5.

Simeon  
Sethi

**Honye a  
prelous  
Jewell.**

**Honye an  
heauenly  
dew.  
Auen in  
2. Cano.  
Cap. 504.**

**Bees be  
an exāple  
vnto vs,  
bothe for  
loue & mo-  
ning in y  
common  
welthe.  
Virgilus**

mayneth lenger. And thys pre-  
cious iewell Honye, hathe euer  
bene moze praysed aboue Su-  
ger, for it wyll conserue and  
kepe any frute, herb, rote or anye  
other thinge that is putte into it  
an exceding long time. Heruei-  
lous is the work of God in hony  
being a heauēli dew, that falleth  
vpō flours and leaues as Auicen-  
saieeth, and is neither the iuice of  
leaues nor fruit, but only y hea-  
uenly dew. Wherunto the Bees  
come in due time, and gather the  
said hony, and lay it vp in store in  
their curious builded houses,  
whereas they dwell together in  
most goodly order. O bees, bees  
how happier are you then many  
wretched men, which dwell neuer  
together in vniety and peace, but  
in continuall discord, and disqui-  
etnes, as Virgill sayeth: En quo dis-  
discors

discordia ciues pduxerit miseros: Be-  
hold, whither discorde hath brou-  
ght wretched citizens: But now  
to make an end of the most excel-  
lent vertues of honye, it is good  
in the meates of them whych be  
flegmatike. Honye newlye taken  
out of the combs, is partly laxa-  
tiue, but clarified hony doth bind  
and dry vp fleume, & kepeth the  
bodies of flegmatike & old per-  
sons frō corruption. The best ho-  
ny is gathered in the spring time  
the second in somer, but y<sup>e</sup> which  
is gathered in winter, is ill & hurt-  
ful. One part of hony, and some  
part of water sodde together vn-  
til the froth be all scomde of, and  
when it is colde: kepte in a close  
stone pot, this drinke (saith Galen)  
is holesome for sommer, clenseth  
the lunges, & preserueth the bo-  
dy in health. Oximel simplex and

New honi  
laxatiue.

Clarified  
honi doth  
bynde.

Unhelth-  
ful drinke  
for the so-  
mer.

Galen de  
tuen, sani  
Libra. 4.

com-



Suger.

Haliabas  
in. j. theo.  
Capl. 27.

To make  
Manus  
Christi.

Simeon  
Sethi.

Whay  
holsom in  
somme

compositum be made with honye,  
and so be mani mo thinges whi-  
che be of greate vertue. Suger  
which is called Mel canne, hony of  
the reed, being clene, & not ful of  
grose pannel, doth clense, and is  
not so hot as Bees hony, & dothe  
agree with the stomacks of cho-  
lericke persons. Haliabas saithe it  
moneth not the stomacke to dry-  
nesse, and that the cleane white  
suger (not ill mingled) doth nou-  
rishe moze then honye. Of Rose-  
water, Pearles & suger is made  
a goodly comforter for the hart,  
called Manus Christi,

Ihon

What is the propertie of Milke?

Hunfrey.

Simeon Sethi saith that milke is  
of thre partes: whay, curdes,  
and creme. Whay is holesome to  
drinke in Sommer, specially of  
cho-

cholerick persons, it clenseth the  
 body. Milke of fat beastes doth **Milke.**  
 nourish more then the leane bea-  
 stes, and the milke of yong bea- **New milke**  
 stes is better thē of the old. And  
 the newe milke is holesomer thē  
 that which hath stand in the air,  
 as Rasis sayeth. And also those **Rasis in.3.**  
 beastes that fede in dry pastures **alman.**  
 amongst sweete herbes, grasse, **capit.15.**  
 and floures, hauing conueniente  
 water, their milke is very good.  
 Milk in the beginning of somer  
 is very holsome. In winter it is **Milke**  
 vnholesome for flegmatike per- **not good**  
 sons, or thē which haue corrupte **for foule**  
 & foul stomakes. For if the milk **stomacks**  
 be sower, it doth engēder y stone  
 in the raines or bladder. Cowes  
 milke is the thickest milke, and  
 victuous or ful of butter. But y womā  
 best milk y helpeth against con- **milke.**  
 sumptions, is womans milke.

The

Gotes  
milke.

Shepes  
milke.

For whō  
milke is not  
holsome.

Howe  
milke may  
be vsed.

The next is Gotes milke, which  
Gotes milke rather nourisheth  
to much, if it be taken commōly.  
Shepes milke is not very pleas-  
saunt to the stomacke. And note  
this, that milke is not holsome to  
them which haue pains in y<sup>e</sup> hed  
or teeth. But the people that be  
brought vp with milke, be fayre  
coloured, and healthful bodyes.  
Isaac saith, if honny and a little salt  
be sodden in the milke then it is  
wholesom, and is not windy nor  
flegmatike. If mintes, burrage  
leaues, rosemary floures, honye  
suckles, & a little suger be layed  
in a bason, and couered wyth a  
fine linnen cloth, & milke the said  
Bason ful through the cloth, and  
let it stand all nyght. This is ple-  
saunt to drinke in the morning vp-  
pon an empti stomack, two hours  
befoze any other meat, it clenseth  
the



the rage of hot burning choller, Galen de  
alimen.

**Thon.**

What is Butter?

**Hunfrey.**

Butter is hot and moist, freche  
butter is vled in many medi-  
cines. New made butter meanly  
salted, is good with bread, flesh,  
and fish, it helpeth the lunges, &  
purgeth the dries of the throte,  
and helpeth coughes most chief-  
lie if it be mingled with honye  
or suger. It is good for yōg chil-  
dren when their teeth do growe  
or ake. Buttermilk if ye crumme  
newe white breade into it, and  
suppe it of, there is no milke no-  
richeth so inuche, Goates milke  
excepted. Cheese if it be newe  
it is indifferentlye wel commen-  
ded, but hard salt chese doth dnye  
the body, & engendzeth the stone,  
as Isaac & Auicen sai, & mani other

The ope-  
ration of  
butter &  
cheesse.

Butter  
milke no-  
richeth.

ded

Isaack in.  
doc.ca. 15.  
Auicen  
in secun.  
capitulo.  
cxxxviii.

An occasi-  
on of the  
stone.

lerner men moo do discōmend it,  
thē praise it. Whē pots oz stones  
be broken, if hard chese be steped  
in water & made soft, & ground  
bpō a painters stone, it wil ioyne  
the broken pots oz stones toge-  
ther againe. By this I gather, &  
chese wil engender the stone be-  
fore any other meates. Therfore  
chese shuld be made in somerwhē  
the creame is not taken from the  
milk. And Bittony, sarifrage, &  
parcely, chopped together, be hol-  
some to be mingled amongst the  
curds, and thus I conclude with  
Haliabas, & old chese is vnhollosom.

**Chon.**

Tel me somwhat of Egges?

**Hunfrey.**

**G**alen saith in his boke of sim-  
ples, that the Egges is no  
parte of the foules, but a porcion  
of the thing from whēce it came.

**Si**

Simcon Sethi writing of the diuersitye of eggs, saith. The first propertie is in their substance, and the second is in their time, either new laid or old. The thirde is in y<sup>e</sup> manner of their roasting, poching or seething: New laide egges of hennies poched and supped, vpon an empty stomack, do cleanse the lunges and the reins of y<sup>e</sup> back. Hard egges be greatlye discommended, unlesse it be to stop fluxes, but it were better to sethe eggs hard in vinegar, & the vndoubtedly it wil drye vp the flux of y<sup>e</sup> belly. Fried egges be very hurtful for cholericke people, & them which haue y<sup>e</sup> stone, Duckes and Gees egges be grosse and noisome, but partrich, Fesantes, and Hennies egges, ingendre good bloud.

New layd  
egges.

Egges  
a mean to  
stoppe fluxes.

Fryde  
egges  
hurteth.

Ihon.

What is the propertie of wine?

Q.i.

Humz



## Humfrey.

Hipp. in  
ii.aphori.

White  
wine.

Auero in  
6.colig.  
Rasis in  
libra, 26.  
con. ca. 1.

Claret  
wine war-  
meth the  
body.

**H**Ipocrates saith of a customable thing cometh les hurt, wherof I gather, that they that drinke wine customably with mesure, it doth profit the much, & maketh good digestiō. But those people y<sup>e</sup> vse to drinke wine seldō times, be distempered. White wine if it be clear, is holesome to be dzōk befoze meat, for it perseth quickly to the bladder: but if it be dzonk vpon a ful stomack, it wil rather make oppilation and stopping of the meserates, because it dothe swiftly dziue fode downe, befoze nature hath of him self digested it. And y<sup>e</sup> nature of white Wine is of least warmnesse. The secōd Wine is pure Claret, of a cleare facinct, or yellow colour. Thys wine doth greatly nourrishe and warme the body, and is a holson wine.

wine with meate, and is good  
 for flegmatike folk, but very vn-  
 holtsome for younge childzen, or  
 them whiche haue hot liuers, or  
 paines in theyr head, occasioned  
 of hot vapours, or smokes, for it  
 is like vnto fier and flare. The  
 thirde is black, or depered wine,  
 which is thicke, a stopper of the  
 belly, a corrupter of the bloude, a  
 breeder of the stone, hurtfull to  
 olde men, and profitable to fewe  
 men, excepte they haue the flux.  
 And for the electiō of wine saith  
 Auicen: that wine is best that is  
 betwene new and old, cleere, de-  
 clining somewhat to red, of good  
 odour, nether sharp nor sweet, but  
 equall betwene two, for it hath  
 vertu not onli to make humours  
 temperat, warm, & moist, but also  
 to expell euil matter, whiche cor-  
 rupteth the stomack and bloud.

Q. ii.

In

Red wine  
 corrup-  
 teth the  
 bloud.

Auicen in  
 3. prim. 2.  
 doc. ca. 8.

When  
wynes be  
best.

Galen in  
reg. acu.

Wpne  
moderat-  
ly drounk  
cōforteth.

A glasse  
for all ex-  
cessse wine  
ybbers  
to loke in.

In somer it ought to be delayed  
with pure clear water, as Aristo-  
tle saith in his problemes. And  
note this, y in drye yerres, wines  
be best and most holosome, but in  
watrye yerres, the grapes be cor-  
rupted, which wine doth bringe  
to the body many euill diseases,  
as dropsies, tympanes, flixes,  
reumes, windes and suche lyke,  
as Galen saith. And thus to con-  
clude of wine, almighty god did  
ordeine it for the great comfozte  
of mankinde, to bee taken mode-  
ratly, but to be dronken with ex-  
cesse, it is a poyson mooste vene-  
mous, it relaxeth the senewes,  
bryngeth palsey, falling sicknes  
in cold persons, hot feuers, fran-  
sies, fighting, lechery, & a consu-  
ming of the liuer, to y chollerick.  
And generally ther is no credēce  
to be geuē to drōkards, although  
they



they be mighty men. It maketh  
mē like vnto monsters, with cou-  
tenaunces, like vnto burnynge  
coles: It dishonereth noble mē,  
and beggereth poze men: & gene-  
rally killeth as mani as be slain  
in cruell battailes, the moze it is  
to be lamented.

**Thon.**

What is Beere oz Ale?

**Humfrey.**

**A**le doth engender grose hu-  
mours in the body, but if it be  
made of good barly malt, and of  
holsom water, & very wel soddē,  
& stand. v. oz. vi. daies, until it be  
clear: is very holsō, especially for  
hot chollerick folkes, hauing hot  
burning feuers. But if ale be be-  
ty swete & not wel sodden in the  
bzuing, it bringeth inflamatiō of  
wind & choller into y belly: If it  
be very sower, it fretteth & nip-

Of ale &  
beere.

For whō  
ale is hol-  
some.

Swete ale

Sower  
ale.

**Q.iii.**

peth

Cleane  
bzuēd  
Beare  
hollsome.

Rotten  
hoppes.

Engliche  
hoppes.

nippeth the guts, and is euil for the eies. To them that be verpe flegmatick, ale is very grose, but to temperat bodies it encreaseth bloud: It is partly laxatiue, and prouoketh bzine. Cleane bzuēd beare if it be not very strōg, bzuēd with good hops, doth clense y body frō corruptiō, & is veri hollsome for the liuer, it is an vsual oz cōmon drinke in moſte places of England, which in dede is hurte & made worſe with many rotten hoppes, oz hoppes dried like dust which commeth from beyond the ſea. But althoughe there come many good hoppes from thence, yet it is known that the goodlye ſtilles, & fruteful groūds of england do bring forth to mans vſe, as good hops as groweth in any place of the worlde as, by profe I knowe in manye places of the  
country

countrey of Suffolk, where they  
 brew theyr beere wyth the hops  
 that growe vppon theyr owne  
 groundes: And thus to conclude  
 of ale & beere, they haue no such  
 vertue nor goodnesse as wyne  
 hath, and the surfettes which be  
 taken of them, through dronke-  
 nes: be worse then the surfets ta-  
 ken of wine. Knowe this that to  
 drinke ale or beere of an emptye  
 stomack moderately hurteth not,  
 but dothe good. But if one be fa-  
 sting, hungry, or empty and drinke  
 much wine, it wil hurt y<sup>e</sup> sinewes  
 & bringeth cramp, sharp agues,  
 and palseis, as Auicen, Auerrois  
 and Rasis saie.

**Thon.**

Tel me somwhat of bread:

**Humfrey.**

**T**he best Breade is made of  
 cleane sweete wheate whyche

**Q. iiii.**

growe

Surfetes  
 of ale and  
 beere.

Auicen. ii  
 ter tra. ii.  
 capit. 8.

Auero. in  
 comen.

Rasis in.

4. almen.

Capitu. 5.

Of bread



The mean  
baken  
bread best

Auerroies  
in quint  
Col.  
Rasis in.  
30. alman  
cap. 3.

Bread of  
a day old.

groweth in claye ground, & maketh but little brenne when it is ground, light leuened, meanelye salted, and the bread to be baken in an ouē not extremely hot: least it be burned, nor les then meane hot: least the bread be heauy and raw. The lighter the bread is, & the more ful of holes: it is the hol some, as Auerrois and Rasis saie.

And also bread muste neither be eaten new baken, nor very stale or old, for thone causeth drynesse thirst & smoking into þe head, troubling the brains & veyes, through the heat therof. The other dryeth the body and bringeth melâcoly humours, hurting memozi. The best bread is þe which is of a day old, & the loues or mächets may neither be greate nor little, but mean. For, the fire in smal loues dryeth by þe moistnes or vertue of the

the bzeade, & in great lounes it le-  
ueth rawnes & grosenes. Reade  
Galen in the properties of bzead:  
Sodden bzead, whiche be called  
funnels oz cracknels, be very vn-  
holsonie, & hurteth many one: rie  
bzead is windy & hurtful to ma-  
ny, therfoze it shuld be wel salted  
& bakē with Annis sedes, and cō-  
monly crustes of bzead be verye  
dry & burneth, they do engender  
melancoly humoures. Therfoze  
in great mens houses the bzeade  
is chipped and largely pared and  
ordinarely is made in bzeues,  
& sotte for dogs, which wold help  
to fede a great nōber of poze peo-  
ple, but that many be moze affec-  
tionat to dogs thē to men. Barly  
bzead doth clense, cole, & make þ  
body leane.

Jhon.

What is the vertue of Risse:

Humfrey.

There

Galen. 2.  
aliment.  
cap. 2.  
Sodden  
bread not  
holsonie.

Barly  
bread.

Of Rice.

Auic.in.2  
Can cap.  
500.  
lvxviii.

**T**here be many opinions concerning Rice, but I chal stay my selfe with the iudgemente of Auicen: Rice saith he, is hot & dry & hath vertue to stop the belly, it doth nourrishe much, if it be sodden with milke, but it oughte to be steped in water a whole night before. If blaunched Almondes be stamped and with Rose water streyned into them, and sodden with cowes milk: it is very much nourishing.

Ihon.

Shew me the vertue of Almondes.

Humfrey.

The deu-  
uersitie of  
Almonds

Almonds  
before  
meate.

**T**he bitter Almondes be hotter then the swete Almonds. Dry Almondes be hurtful. The milk of moist Almondes, wherein burning stele is quēched, stoppeth the flux. To eate Almondes before meate, preserveth against Drunkenes.



drunkenes. Walnuts be holſom when they be newe, to bee eaten after fiſh, for they hinder engendring of ſcum. Simeon Sethi ſaith they are hot in the firſt, and drye in the ſeconde degre, not holſome befoze meate, Plini ſpeakinge of Metridatis ( the greate kynge of Pon thus ) founde of his own hand wrytinge, that two nuttes & two figges, and twenty rebwe leaues ſtāped together with a litle ſalt, and eaten faſting, doth defende a man both from popſon and peſtilence that daye. Filberdes and haſle nuttes, be harde of diſgeſtion, ill befoze meate, hurtfull to the head and lūges, if they be roſted and eaten wyth a litle pepper, they will helpe the running & deſtillatiō of rheumes. Chestnuts if they be roſted and eaten with a litle hony faſting, they

Of Wal-  
nuttes.

Plini in  
Liber. 22.  
Capitū. 8.

Of Phil-  
berdes.

Of cheſtes  
nuttes.

they healpe the coughe, if they be eaten rawe, althoughe they greatelye nourryshe the bodye, yet they be hurtful for the splene and filleth the belly ful of winde.

Of Nutmegges.

Auicen  
capit. de  
nuce.

Nutmegges bee very good for colde persones, comforteth the sight & memory, as Auicen saieth: but without doubte Nutmegges doth combuste or burne sangwin men, and drie their bloude: and thus much haue I spoken shortly of Nutmegges.

John.

What be Cloues, Galangall, and Peper?

Humfrey.

Rasis in  
li. 4. 2ho.

They be hoate and drie, and as Rasis saieth: doth comforte cold stomakes: and make sweate breth, and is good in the meates of them that hath ill digestion. Black pepper is hoater then log pepper.

pepper, & doth mightely warine  
the body, the grosser it is eaten,  
with fische or frute, the better it  
prouoketh vrine, it is hoate and  
drie, in the fourth degre, therfore  
they do erre that saie pepper is  
hoate in the mouthe and colde in  
the stomacke. Although pepper  
be good to them that vse it well,  
yet vnto artificiall women that  
haue moze beastlines then beuty  
and cannot be content with their  
natural complexions, but would  
fayne be fayre: they eate peper,  
dried cozne, and drinke vineger,  
with suche like bagage, to dye  
vp their bloude, and this is the  
very cause that a great nomber  
though not all, fal into weake-  
nes, greene sicknes, stinkynge  
bretthes, and oftentimes sodaine  
death.

Isaack in  
parti disc  
bus.

A practise.

John

What



What is swete Calamus odoratus?

Humfrey.

Calamus  
odoratus.

It remedy  
for the  
whit mor-  
phew.

A excellent sweete roote and profitable for men, if the potticaries keepe it not untill it bee rotten, it is hot and dry in the beginning to the middes of the second degree, it hath poure to clense, to drie, to waste all windes with in the body without hurt. Galen doth greatly comend the sauoure of it. They that drinke of this roote sodden in wyne, shall haue remedy of the white morpheo, and recover good coulours. And this haue I proued, it helpeth crampes & sickenesis in the sinewes, beinge dronke in wyne, sodden with sage, it helpeth the spleene, & liuer and raines, and will clense the secreete termes of womē, and augmenteth naturall seede.

Thon.

What

What is Ginger?

Humfrey.

It is hot in the third degree, and moyste in the end of the firste. Auerois  
in. 5. coll.

If it be vncoullered, white & not rottē it is very good, most chieflye if it be conserued. And grene as Mesue saith: it maketh warme a colde stomacke, and consumeth windes, helpeth euill digestion, and maketh meate gooe easlye downe into the stomacke.

Mesue in  
4. distin.

John.

What is Setwall:

Humfrey.

Hotte and drye in the seconde degree, and is good. the powder thereof to be dronke is mooste of effect against the pestilēce excepte: Mithridatum. It is good against poyson, winde chollericke and colde passions of the harte, and doth restraine vomets. The weight

The operation of  
Setwall.

weight of eight granes doth suffice to be dronke in ale oz wyne vpon an empty stomacke.

**John.**

**What is Cinamon?**

**Humfrey.**

**Diuers  
kundes of  
Cinamon**

**D**ioscorides dooeth saie: there be many kindes of Cinamon, but generally their bertue is this to helpe dropsies, windes oz stopping of the lyuer, and is hoate & drie in the thirde degre.

**John.**

**What is Cassia fistula, Seneca, and Reubarbe?**

**Humfrey.**

**To know  
good  
Cassia fistula.**

**C**assia fistula, if the Caane be he-  
cuiue & the cassia within blacke  
and shining that is good cassia,  
if this be drawen new out of the  
caane halfe an ounce oz more at  
one time, & mingled with suger,  
and eaten of a fastinge stomacke  
in



in the morning: it hath power to purge choller, to close the raines of the back, it wil fret & consume the stone, it purgeth very easely, & is plesant in taking, and may be taken of childre, weak women, & sick men, in y<sup>e</sup> time of their fevers the acces of their fits, excepted.

Rubarbe doth purg yellow col-  
ler by himself. ii. oz. iii. drammes  
may be taken oz a litle more, so y<sup>e</sup>  
there be a dram of spicanarde oz  
Cinamō put vnto it. In sommer  
to drink it with whai. In winter  
with white wine: but y<sup>e</sup> clean yel-  
low rubarbe sliced, & put into in-  
fusion all the nighte with whay,  
white wine, oz endiue water, and  
strein it in y<sup>e</sup> morning, doth great-  
ly purge the blud & liuer, thre oz  
four drams with spicanard a dra<sup>m</sup>  
oz more. Seene Alexandria if it be  
sodden in the broth of a cock oz a

To purge  
coller.

Of Ru-  
barbe and  
his ope-  
ration.

Purging  
of bloud &  
liuer.

R. i.

hen

When doth purg the blud and me-  
lancoly, very gently & cōfort the  
hart. One oūce of the cleene smal  
leues of seene without cods oz  
stalkes, half a quarter of .i. oūce  
of ginger. xii. cloues, fenel seede.  
ii. drams, oz els. ii. drams of Ci-  
namon tartar, half a drā, be aten  
all together in pouder: These do  
purg the hed mightely to be takē  
befoze supper, the waight of one  
dram in a little white wine.

To purge  
the head.

Ihon.

I would be glad to learne the vertue  
of Aloes:

Humfrey.

Two kin-  
des of  
Aloes,

There be .ii. kinds of aloes, one  
is named Succotrina, which is  
lyke aliuier, clere, bzittle, bitter,  
coullered betwene red & yellow,  
this is beste for medicins. A litle  
of this tēpered with Rose water,  
beinge put into the eies, helpeth  
the



the dropping & watry eyes. Also it is put in many excellent medicines laxative, as safron, myrre, aloes, mingled together in y<sup>e</sup> form of pills, is the most excellent medicine against the pestilēce, as it is writtē in this booke following. Hony & aloes mingled together, do take awai y<sup>e</sup> marks of stripes and also doth mundify sores and blcers, it doth cleanse the abundance of choler and fleume from the stomack. It is not good to be taken in winter, for Auicen dothe forbid it, but in the spring time, or haruest the powder therof.

To helpe  
waterp  
ries.

Againste  
y<sup>e</sup> pestilēce.

Markes  
of stripes.

Auicen in  
li. dc. sim.

The weight of a French crown mingled with the water of hony or meade, and so droncke in the morninge, it dothe cleanse bothe choller and fleume. There is an other grōse aloes which is good for hoſte tempered with ale, and



ministred aswell to other greate  
beastes as hozles, the weight of  
halfe a nounce, and thus muche  
haue I said of aloes, but if aloes  
be cleane washed, it is the holso-  
mer, many vnwashed aloes will  
cause Emerodes. **Ihon.**

It cause of  
the Emo-  
rodes.

**I**s the safron that grow in England  
as good as that, that come from tho-  
ther side of the Sea? **Humfrey.**

Engliche  
saffrō best

**O**ur english honny, & safron is  
better thē any that commeth  
frō any other straūg or forē lād.

glad harte

But to thy question of safron, it  
hath vertue, ether in bread or po-  
tage, to make y hart glad, it war-  
meth the body, it p̄serueth from  
dronkēnes, dronk in ale or wine  
prouoketh acts benereus, indu-  
cith slepe, purgeth bzin. **Mirh,** a-  
loes & saffron, make an excellent  
pil against the pestilence. **ii. peny**  
waighte of safron pouder rosted  
with

Pillule  
Russe.

with the yolke of an egge verpe  
hard, and the said yolk beaten in  
pouder, twelue grains drunk a  
mornings is good againste the  
pestilēce, Safron, planten, & I-  
uiry soddē. The decoction drink  
helpeth the yellow Jaundies, it  
is dry in the first degre and hath  
vertue to restraine. **Ihon.**

Against  
pestilence.

**V** We plain men in y countrey, dwel  
far from great cities, our wiues &  
chilozen be often sick, & at deaths doze,  
we can not tel what shif to make, we  
haue no acquaintance with the apothi-  
caris, comonly we send for a quantity of  
mamsey, what so euer our diseases be,  
these be our comon medicins or els we  
send for a box of triakle, & when these  
medicins fail vs, we cause a gret posset  
to be made, & drink vp the drink: thin-  
kest thou these medicines be not good?

**Humfrey.**

**F** Or lack of medicine God hel-  
peth the people oftentimes by

God hel-  
peth dy-  
uers waies

R.iii.

mira-

miracle, or els a great number of men shuld perish. But because y<sup>e</sup> almighty God hath couered the whole face of the earth with many precious simples, wherof rich cōpositions be made: Therfor be nether so rude nor barbarous to thinck these medicines good that thou hast reherſed, for al diseases although not hurtful to ſom: but because manye do receiue more miſchief then medicine in counterfeit triacles. I ſhall rehearſe vnto thee what Valerius Cordus & other, do write vppon the vertue of the precious triacle called Mithridatum.

Ihon.

I woulde be glad to heare of that precious Triacle, and his Vertues:

Humfrey.

**M**ithridatum is next in quality & vertue of Theriaca, & do differ but little

Mithrida-  
tum.

Theria-  
cha.



fle, but onlpe Theriaca is a little  
hotter & stronger against venim  
of snakes, edders, and serpents.  
It helpeth all paines of the hed  
of men oz womē if it com of cold,  
most chiefly of melācholy & fear.

It helpeth migrem, falling sick- helpe for  
the me-  
grim,  
Toothache  
nes, and al pains of the forehed,  
dropping of eies. It helpeth toth  
ach, paines of the mouth, chekes  
if it be put in maner of a plaister,  
oz els anointe the pained place.

It helpeth pains of y<sup>e</sup> throte cal- Payne in  
the throte  
led Squinace, and also coughes,

Apoplextia, and passion of the  
luniges, and manye greuous do-  
lours and paines within the bo-  
dy. Drunk with the decoction of  
the flowers of Pomgranets oz  
Planten it helpeth and stoppeth  
flres in the Lias & longe guts  
windes oz collick. The extensio  
oz cramps be helped very much

Stoplinge  
of the flir.  
helpe for  
y<sup>e</sup> crampe.

R.iii.

wyth

**Pestilēce  
& poyson.**

**Agaynst  
the stone.**

**Greene  
sicknes**

with this Methiridatum drōken w  
stilled waters. Palses, sicknessis  
in the midriffe, the liuer, rains &  
bledder, be clenſed therby, it pro-  
uoketh the menſtrual termes in  
women being drōnk with poſſit  
ale. If Slope or Germander be  
ſodden in the ſaid ale it is excellēt  
againſt the peſtilence, or poiſon.  
If it be drōnk but a litle quātity  
therof, accoꝝdinge to the diſeaſe,  
ſtrength or age of the perſon. It  
is very good againſt the ſtone, or  
foꝝ women whiche haue a newe  
diſeaſe peraccidentes called the  
greene ſicknes, there is nothiuge  
better againſt y biting of a mad  
dogge then to drinke of this, and  
to annoint the wounde. If it be  
geuen in drinke to any ſicke body  
a litle befoze thacceſſe or cōming  
of the cold fits of cotidians, terci-  
ans or quartēſ, ſo that it be drōk  
wyth



with wine temperatly warmed.

This Mithridatū is a medicine of no smal pꝛice, Democrates hathe a goodly compositiō of it, an other excellent cōposition is of Cleopatre, as Galen wꝛiteth. An other & the most excellent is the discription of Andromachus phisicion vnto king Nero, but the chief father of thys art was king Mithridatus the noble kinge of Ponthus, after whose name it is called.

Of the excellent  
triacle cal-  
led Me-  
thridatū.

Jhon.

I pꝛede this is an excellent medicin,  
but I pray thee where shal I buy it?

Humfrey.

The blinde (felowe Jhon) doe  
eat mani a flie, and the plain  
meaning man is ofte disceiued.  
There is no trust in some of the  
Poticaries, for althoughe the v-  
surpaciou of quid pro quo is tolle-  
rable, for their Succidanes yet  
to



to abuse their simples or cōpoundes, it is not only thēste to robbe simple men : but also murther to kil the hurtlesse.

**Thou.**

**O**f late time we haue bene so afflicted with sundrye sickenesses and straunge diseases that in many places we could get no phisicians to help vs, and when men be sodainly sicke. CC. miles from London, Cambridge or Oxforde, it is to late for the patient to send for helpe, being infected with the pestilence. I pray the tel me some good regiment for me and my family, if it please God that it may take place.

**Hunfrey.**

**I**shalbe glad forasmuch as thou hast taken painis to here me all this while, to teache thee a prety Regiment for the pestilence.

**Thou.**

**R**ecade it faire and softly, and I will take my pen and write it.

**Hunfrey.**

Hunfrey.

Certainly the occasion of this most fearfull sicknes cometh many waies: as the chaung of air, fro a good unto an euil qualitie, taking his venemous effect of the vital spirits, which incontinent withal speede, corrupteth y spiritual blud. And sodely (as it were) an vnumerciful fire, it quickeli cōsumeth y whole body, euē to death, vnlesse the wholesome medicine do preuent and come to the hart, befoze the pestilent humoure. And because it is a very strong sicknes, it is requisite to haue a strong curing medicine. For weak thigs wil not preuail against so strōg a matter. Therefore I pray you note these six sayngs, as aire, diet, sleepe, or watch, quietnes or trouble, and finally medicine. First walk not

Diffinició  
epidimie  
Hall.

Six thigs  
to be ob-  
serued in y  
time of pe-  
stilence.

in

in stinking mists, noꝛ by corrupt  
 marris' grounde, noꝛ in extreme  
 hot wether, but in faire clere air  
 vpo high ground in swete fields  
 oꝛ gardens, hauing fire in your  
 chamber, with swete perfumes,  
 of the smoke of Olibanum, oꝛ Ben-  
 iamen, Frankensence, being colde  
 wether. And in hot wether. Ro-  
 ses, willow bzaunches sprinkled  
 with vinegar, and often shifting  
 the chamber is holosome, fleing y  
 Southe winde. Secondly, diet,  
 moderate eating meate of good  
 digestion, as all that haue pure  
 white flesh, both of beastes and  
 fowls, good bread of wheat, part-  
 ly leuened. Eat no rawe herbes,  
 Purslen, Lettis, yong Lettis, oꝛ  
 sorrell, except w vinegar. Drink  
 of clere thin wine, not chaunged  
 and vse oft times Vineger with  
 your meats, and mingle not fish  
 and

Beware  
 of rawe  
 herbes.



& fleshy together in your stomack  
and to drinke a tisant of Barley  
water, Rose water, and Sorrell  
water, betwene meales is good, **Noone**  
eight sponesfuls at once. **Thirdli** **sepe.**

beware you sepe not at none, it  
bringeth many sicknesses, and  
geueth place to the pestilence, and  
abateth memory. For as y<sup>e</sup> Ma-  
rigold is spred by the daye, and  
closed by the night: euen so is mā  
of nature disposed, althoughe  
throughe custome otherwise alte-  
red vnto great damage & hurt of **Eyghte**  
body. Eight hours sepe suffiseth **houres**  
wel to nature, but euery cōplexi- **sepe.**

on hath his proper qualities. To  
sepe vpon the right side is best,  
euel vpon the left, and worse vpon **Exercise.**  
on the back. Fourthly, vse mode-  
rat exercise & labor for the euacu-  
ation of y<sup>e</sup> excrementes, as swift  
goynge vpon hylles, stretchynge  
forth

Detuēda  
sanite.  
Hall.

Mirth.

forth armes and legges, liftinge waites, not very pōderus, for by labour the first & second digestiō is made perfit, & the body strēghened, & this is a mighty defēce, against the pestilēce, & many mo infirmities, whereas through idlenes, be engendred al diseases both of the soule, and body, wher of mā is compounded and made. Fifthly, aboue al earthli things, mirth is most excellent & the best companiō of life, putter away of al diseases: the contrary, in plage time, bringeth on the pestilence, through painful melancoli: whiche maketh the body heauye and earthly. Compani, musik, honest gaming, or anye other vertuous exercise dothe help against heauines of minde. Sixtly, medicin the party being chaunged in nature and condicion, trimbling or burning,

burning, vomiting with extreme pain in the day, cold in the night, and straung imaginacions. &c.

Appt to slepe, when these signes do appeare, geue him medicin before. xii. houres, or else it will be his death. Take therfore withal spede, Sozel, one handfull staped with Rewe, Enulacampana, Ozing rindes, Sitron sedes: & great thistle rotes, Geneper beries, walnuttcs cleane piked, of eche one ounce, stampe them all together, then take pure sharpe vinegar, a quarter of a pinte, as much Buglos water, as much white wine and temper your saide receytes, with these licoures. Then put in two ounces of pure Mithridatum andromachi, which is an excelen- triacle, and two drammes waigh- ghte of the powder of pure Bole armein, myngle them al together

Signes of  
pestilence.

Note this  
medicine  
for the pes-  
tilence.

Mithrida-  
tū andro-  
machi.



Beware  
of slepe

Mediana  
Basilica

Pillule.

in a very close vessel, and geue y<sup>e</sup> patient a sponesfull oz moze next his hart, and estsones as much moze, & let them y<sup>e</sup> take this slepe not during .xx. hours: oz els take pure triacle and setwel mingled in possit ale made w<sup>th</sup> white wine wherin sorrel hath boiled a good draught, and let an expert Chirurgion let the patient blud vpon the midle vain called Mediana, oz the hart vain: Basilica a good quantity according to the strength and age of the patient, except women with childe, and childzen. For the retaining the said bloud, woulde all turne to venim and incurable poyson: And note this, that blud be letten vpon the same side that the soze dothe appere, if anye appere, for many causes, and slepe not .viii. houres after, & vse thys most excellent pil often times.

Take

Take pure Aloes epatik & mirre,  
well washed in cleane water, or Pestilen<sup>s</sup>  
Rosewater, of eche: two Drāmes, cialis.  
and one Dramme of the powder Ruffi.  
of saffron, mingled with a litle of  
swete wine, and tēpered in a very  
smal vessel vpon the coles, vntil  
it be partly thick, or els incorpo-  
rat all together in a mortar, then  
rol them vp in smal rounde pills,  
vse to swallowe halfe a dram of  
these pilles two times a weke in  
the pestilence time a mornings:  
iii. hours befoze meat. An other  
medicen, tozmentil, centian, fet-  
wel, of eche one dram, spicnarde  
Drams. ii. nastick: Drams. three.  
Bole armen: Drams. viii. geue two  
Drams to the patiēt (or any that  
feare the plage) in the water of  
Skabeas, or Cardus Benedictus, then  
drink the broth of a chicken, or  
pure wine. To ripe the soze, rost  
S.i. a great

great Onion, take out the coze,  
 put in triacle, and apply it warm  
 to the place thre or foure times  
 renewed warm. And Oile Oliue,  
 black sope, foure leauen, Lillye  
 rotes, of eche like quantity, boy-  
 led together, put in the iuyse of  
 Rue, & make a plaister, thys will  
 breake y<sup>e</sup> said soze, Capons grese  
 yolkes of egges, swines grease  
 barley flour, linsede in powder, en-  
 corporated together, wil make a  
 good healing plaister. Emplastrum  
 diachilon, magnum descriptione filii

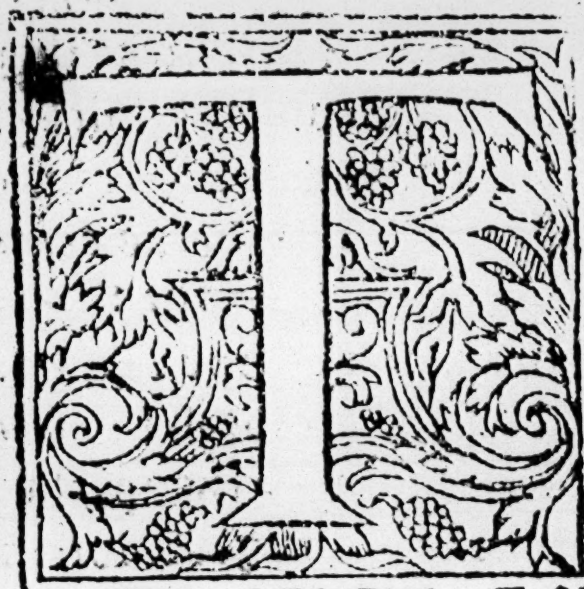
Zacharia dothe resolute: and  
 quench the hotte vicer.

But in the time of  
 y<sup>e</sup> plage trust not  
 vaines.

FINIS.



# Againe to the gentle Reader.



**T**hou shalt  
understande  
(gentle reader) whyle  
I was per-  
usinge ouer  
of thys my  
simple la-  
boure, and  
mēding cer-

taine fautes that were escaped in the  
print. I hard of some (be like not con-  
tent with this my poze good wil) that  
found much faut with it. And others,  
foz that it was handled so grosse, and  
the stile being so rude, which in dede I  
confesse. But this I am sure of, If thei  
wil cōfer it with those authoꝝ, which  
I haue aledged, I doute not but they  
shal finde it true. And as foꝝ the first, I  
maruel, whi thei shuld be greued with  
this my labour, considering I seke no-  
thing but the helth of those, whōe I se  
piteously toꝛmented with many kinds

## To the Reader.

of diseases, which good gouernment in  
time of youth would help al together.  
This I speake, not that I thincke they  
are without this care which I alledg:  
but I beinge as one vnhabie ( yet my  
good wil shal not want, wheras occas  
& tyme will serue) to help to the vtter  
most of mi power. And as one espying  
a poze mā ouerburthened, doth his en  
deuoure to helpe him by, though his  
strēgth be not able: yet his good wil is  
to be accepted, though another stron  
ger then he come after and ease him:  
Euen so I haue done mine endenour &  
good wil in this, trustinge that h godli  
learned phisitions, wil help their poze  
bretthren whē their piteous diseases do  
not only cry vnto their consciēces, but  
is also presente befoze their eses, in a  
much better forme then I am habie to  
do. I meane not of such, as doth make  
of their diseases an occupation, vsinge  
craft and subtiltie, to begge withall, &  
had rather to be in that case, then to  
haue present remeadye, whereby they  
might become profitable members in  
a com

## To the Reader.

a common wealthe. But I praye the gentle Reader, consider to whome I wrote this my *Gouernemente*, to the simple, suche as lacke where wyth all and be furthest from the *Phisicions*, and therfore did temper my stile according for they better vnderstandinge. I am not ignoraunte, that manye in these dayes in they writing do excellentlye beautifie our *Englishe* tongue wyth solye apte wordes deriued from the *Latin*, and surelye they are to be praysed, but to heare howe the simple place those wordes in their talke, it would make wise men to laughe. And thus I beseeche thee to beare wyth my rudenesse, committing this booke once againe into thy handes, trustinge that as I haue mente good will vnto thee: in the settinge forth thereof: so thou wilt thankfullye embrace it, & order thy selfe vnto the rules therof, which is all that I desire. And in the meane season, as I haue begunne: so through *Goddess* helpe I entende to make an ende of a nother booke of healthfull  
medi-



To the Reader.

medicines, whyche like wise I truste  
thou wilt take in good worthe, and in  
that parte that I make it for. And  
thus I committe the vnto the  
eternal Father, that is hable  
when all Physick sayeth,  
to help the by his wo-  
derful miracle.

To whom with the Sonne,  
and the holy ghosse, be  
praise for euer,  
and euer.

Amen.

(. . .)

Far vvell the.20.of  
Aprill. 1558.

V Villiam Bullein.





IMPRIN

ted at London

by Iohn Daye

dwelling ouer Aldersgate . .

